OF THE GOUT;

In TWO PARTS.

FIRST,

A LETTER to Sir *Hans Sloan*, Bart. about the CURE of the GOUT, by OYLS externally apply'd:

SECONDLY,

A TREATISE of the CAUSE and CURE of the GOUT.

By WILLIAM STUKELEY, M.D.
Fellow of the College of Physicians *London*, S.R.S. and Rector of *All-Saints*, *Stamford*.

Let him dip his foot in oyl. thy shoos shall be iron and brass; and as thy days, so shall thy strength be. Deuteron. xxxiii. 24, 25.

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MDCCXXXIV.

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PREFACE.

I *AM ſenſible of the boldneſs of the title-page, and at firſt ſight it will hardly be excuſed from the charge of great preſumption. The ſmallneſs too of the volume which promiſes ſo much, whereon an infinite number of tracts has been wrote, ſeems inſufficient to any great diſcovery: and where authors hitherto ſcarce durſt pretend to a remedy, without imputation of quackery. But ſo it is, that at length, if I am not miſtaken, Providence has put into our hands a perfect cure for this dreadful* hydra.

And if we be wiſe and temperate; as often as its ſnaky head repullulates, ſo often ſhall we be able to cut it off with great ſafety. However I am fully ſatisfied, that I have ground enough for this publication, and ſhould think my ſelf inexcuſable, if I did not do it. Thoſe that find benefit by this remedy, will, I hope, make ſuitable returns to God Almighty for it.

That the ſize of the book is little, is owing to the cure. For 'tis not much to purpoſe, to trouble the publick with copious theorys, long caſes, and pompous nicetys upon a diſeaſe; if we can but cure it. I have indulg'd my ſelf no further liberty in ſpeculation, than might be uſeful to diſcover the nature of the diſtemper; whereby we may better treat our ſelves in a fitt and out of a fitt, better know how to prevent or protract its returns, or moderate them when they

they come. I hope the world will not receive this work with leſs candor, becauſe I don't give them a recipe of the remedy here recommended, which I do not know my ſelf; and which in all right reaſon ought to be the property of the Inventor.

I ſaw no occaſion to alter any thing in the letter which I publiſh'd laſt year. Becauſe there were but very few copys of it printed; as it is a neceſſary part of this diſcourſe, I reprinted it, that they may be bound up together. And if I ſhould hereafter trouble the world upon this argument again, from longer experience, I hope it will not be without emolument. My ſole purpoſe in the affair is to benefit mankind, if I am able. I have before now refus'd the honors and profits of the profeſſion of phyſick, and don't ſeek them at this time. And reputation

is a thing no farther useful than as it may give an authority to us, whereby we can better induce the world, to pursue what is for their own good.

PART I.

A

LETTER

TO

Sir *HANS SLOAN*, Bart.

PRESIDENT of the

College of Physicians *London*,

ABOUT THE

CURE of the GOUT,

By OYLS externally apply'd.

Read before the ROYAL SOCIETY, *Feb.* 1.

MDCCXXXIII.

PART I.

A

LETTER

TO

Sir [illegible], Bart.

President of the

College of Physicians, London,

ABOUT THE

CURE of the GOUT,

By Opium externally applied.

Read before the Royal Society, Feb.

MDCCXXXII.

OF THE GOUT.

SIR,

HIPPOCRATES ſays well, that the humane body is *pervium & perſpirabile quid.* We in this moiſt northern iſland find it ſo, to our prejudice too often; when raw vapors are imbib'd thro' the pores, and aſſimilating ſome humor to themſelves, cauſe colds and catarrhs ſo frequent with us. Perhaps the rheumatiſm and gout among many other diſtempers, partly owe their origin to this ſpring; perſpiration being thereby ſlacken'd and diſproportionate to our plentiful way of living. Theſe are diſeaſes ſo obſtinate, and have ſo long baffled the medicinal art, eſpecially the gout, that we now

ſeem

ſeem to have given over all queſt for a remedy, and ſit down contentedly to bear the cruel torture. 'Tis certain that the gout is a criſis of nature, and the many unſucceſsful and fatal attempts upon it, have altogether diſcourag'd the profeſſors, from countenancing even enquiries after a cure. Nevertheleſs 'tis agreed that many other diſtempers are but criſes's; ſtill they admit of medicin and a happy ſolution thereby. Even a fever, as Dr. *Sydenham* well defines it, is no other than an endeavour in nature, to relieve her ſelf, by exterminating with all her power, the morbific matter. This in few words is but a criſis: And ſhould any one ſay, that phyſicians cannot aſſiſt in the caſe, and even cure a fever; they would think it an unworthy treatment. Therefore I my ſelf who have ſuffer'd many years under an hereditary gout, cannot ſtill judge any otherwiſe, than that we ought not to deſpond of finding a remedy for it: which is, to aſſiſt nature in making that criſis more eaſy and truly ſalutary, as doubtleſs ſhe deſigns it. 'Tis plain, by throwing the morbific matter upon the extremities, ſhe ſaves the *individuum*: relieving the whole by puniſhing a part. And the patient (as he may juſtly be call'd) after a fitt well ſolv'd, finds himſelf perfectly in health for a conſiderable time, and till

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the next fitt. Still it muſt be confeſt, that the returns of fitts accelerate in a proportion cruel and uncomfortable, as years advance: and ſafely we may pronounce, as a great author of the faculty does on another occaſion, that when we have got a fitt over, we eſcape ὡς διὰ πυρός. And the fitts, eſpecially when they begin to return frequently, ſo incapacitate our limbs for action and neceſſary exercíſe, that the health and habit of the body and conſtitution ſuffer extremely, and grow every year worſe and worſe: they bring on nodoſe joints, as well as gravel, ſtone and other diſeaſes, the conſequents of Inactivity. So that at beſt we may be ſaid, only to labor under a continual diſeaſe, which kills us by a more unkindly blow, becauſe protracted.

Hence I cannot excuſe my ſelf from endeavouring to ſerve the publick; in notifying after this manner, what I have hitherto obſerv'd, in a remedy lately try'd with us at *Stamford*, and in all appearance with great ſucceſs, and without any ill conſequences, which are ſo much dreaded in the caſe.

Dr. *Rogers* an eminent apothecary and licenſed practitioner in phyſick at *Stamford*, has for above two years laſt paſt, uſed a warm oyly compoſition, which he prepares, to anoint the part affected with the

the gout. He has try'd it upon himſelf in many fitts, the ſevereſt that can be imagined; when ſeiz'd in both feet, knees, hands, and ſhoulder all at once, and ſeparately; and it has never fail'd removing the fitt, rather taking it quite off, without any ill effect enſuing. And 'tis a diſtemper he has been obnoxious to from his youth. He has likewiſe try'd it upon ſeveral other patients in the like caſe, and with the like ſucceſs; the thing is notorious among us. I likewiſe try'd it upon my ſelf, in three different affections of the ſame diſtemper, the latter end of the year paſt. One was a ſort of ganglioform ſwelling below my left knee, upon the lower tendon of the *patella* and the tendons of the great muſcles of the thigh, where they are inſerted upon the *tibia*. This ſwelling I have had ſeveral times before, and have no reaſon to doubt of its being gouty; and that in time it would probably become an encyſtid tumor or chalky node, as uſual in ſuch caſes. The ſecond was a black ſpot on the joint of the great toe of my left foot: the ſpot was as broad as a ſixpence, and black as a hat. It came, I ſuppoſe, by a bruiſe in walking, immediately after a fitt of the gout in that part. The third was upon the joints of the *tarſus* bones, in my right foot, when affected with the gout. I anointed all theſe, and the event was, that

that it cured them all, and there was no ill conſequence attending, even to this time.

Were I to pretend, to give a *rationale* of the gout, in few words, it would be thus. In people that live plentifully, have a good ſtomach, and drink ſtrong liquors, if they don't uſe a proportionate degree of labor or exerciſe; in a gouty conſtitution, they muſt expect to be viſited by that irkſom gueſt. If nature cannot form a fitt of the gout, they ſuffer worſe, perhaps by ſome violent or fatal diſtemper. For health conſiſts chiefly in a due proportion, between the intaking and expending. Hence people of fortune and thoſe of a ſtudious, contemplative life, are moſt liable to it. Laborers that fare hardly and work daily, are ſure to be free. Women are ſo, for the moſt part, becauſe nature in them has it in her power, better to regulate the quantity and abate of a ſurcharge, than with us. And thereby they remedy the inconveniences of a ſedentary life. But men are deſign'd for action, which breaks in pieces the blood, ſcours all the glands, promotes every ſecretion, preſerves the *æquilibrium* between the ſolids and fluids; and next to food, is the conſervator of the animal life. A rich ſtate of blood loaded with ſalts, ſulphurs, and ſpirituous particles, at length kindles up a certain fiery *phoſphorus*, which nature exterminates into

into the extreme parts, and out of the bounds of the circulation. And this relieves her by a fitt of the gout.

It is contriv'd by our moſt wiſe author, that round about the commiſſure of all our joints, and upon the inſertions of the tendons of the muſcles, there ſhould be plac'd many glands, to ſeparate an oyly matter, wherewith to lubricate the joints and tendons in action; as we greaſe coach-wheels, and for the very ſame purpoſe. The great joint or ball of the great toe, muſt have larger glands of this kind than any other toe, as 'tis the principal opponent of that great joint the ancle, in walking. This of the great toe is the moſt diſtant large joint in the body, from the center of circulation, the heart. With good reaſon then, does the gout there begin its firſt attack. The mode of a fitt of the gout, I apprehend to be this. The matter of it is a certain fiery drop, like liquid *phoſphorus*, a cauſtic animal ſalt diſſolv'd in a rectify'd ſpirit of animal juices, which being diſagreeable to the animal œconomy, is thruſt out by nature, into the glands that ſeparate the oyl aboveſaid, in order to extinguiſh it there; like putting a piece of hot iron or live charcoal into a veſſel of oyl. It extinguiſhes the iron or coal, but ſets the oyl on fire, which cauſes all the ſymptoms of the gout.

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The pain and heat, by degrees derive a vaſt flux of blood and humors, which diſtend all the circumjacent veſſels, in order to quench the *incendium.* The ſtruggle between this heat and the humor, rends open the extremitys of the veſſels and continues the racking pain, till they are ſufficiently diſtended. But theſe ſymptoms I ſhall not be particular upon. They that feel it, know them too ſenſibly, and compare them to the gnawing of a dog, to an actual fire at the ſame time, and to whatever is moſt direful and torturing.

By frequent fitts, all this oyly matter of the joint and tendons thereabouts, becomes deflagrated, and the glands that ſecrete it, ſo ſpoil'd in texture, that they cannot furniſh a due quantity, either to lubricate the joint in walking, or to extinguiſh the matter of another fitt. Then nature is oblig'd to remand it to the next joint, the ancles. After that has ſufficiently ſatiated its fury, the knees ſucceed, or perhaps the hands, elbows, ſhoulders, hips. She takes in as much compaſs as is neceſſary to her purpoſe. Sometimes it will ſeize upon the very great gland ſerving the head of the *os femoris*, lying on the backſide of it; and this cauſes prodigious torment. In ſhort, by continuance of time, it quarters its ſelf upon every joint of the ſpine, and at length every joint and tendon of the body: till for

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want of proper objects, it reverts upon the ſtomach, brain and noble parts, and compleats the fatal tragedy. Hence in time, it calcines the ends of the bones devoid of *perioſteum* into nodes and chalkſtones, or fills up the tubular veſſels there with ſabulous matter. Hence walking will bring on a fitt of the gout, without any other prediſpoſition, for want of ſufficient mucilage. The action heats the joints, and ſollicits the lurking humor out of the blood, before its time. Hence it emaciates the limbs and burns up all their fat, as a ſacrifice to its rage. And at beſt the podagric, when in health, is but a criple, the joints being defrauded of due unction. Hence the cure of the gout, by our artificial oyls, analogous and ſuccedaneous to the natural.

Uſe legs and have legs is a common proverb, and no doubt it holds good of thoſe limbs as well as of all other, which become firmer and ſtronger by exerciſe; the muſcular fibres in action gathering ſtrength, as well as the glands of the joints pouring out their juices more plentifully, the more they are irritated. Juſt as the glands of the mouth throw out ſpittle in ſmoaking and chewing. But podagrics find by experience, this proverb holds not good in their caſe, much walking is prejudicial, a ſure ſign that the joint-glands

have

have been ſpoil'd by former fitts, and that *there* is the ſeat of the diſtemper.

Should I go about to recite the medicins that have been try'd inwardly, for cure of the gout, many volumes would not contain them. Nor can one out of the infinite number be ſelected, that will contribute towards it. 'Tis no new thing to uſe external applications herein. They too have been innumerable. Camphorated ſpirits of wine, oyl of turpentine, oyl of amber, foments, heated bricks, bliſters, oylskin. At other times cold baths, cabbage leaves, and the contrary *regimen* with a thouſand more inventions have been try'd. Frequently they repell the malady from one joint to another, which is doing nothing: ſometimes to the noble parts, with danger or death. Seldom we hear of any ſucceeding, or that but by accident: and none, that I know of, ſo conſtantly and uniformly as our oyls. The common intention in many fancyed remedys, is to ſweat the part, and make the humor perſpire outwardly, as they imagine. And this indeed is the moſt frequent ſolution of thoſe that have diſcours'd in converſation, upon the operation of the oyls. But we do not find that this can well be performed: nor in the general uſage of wrapping the part up in flannels, can we diſcern any ſigns of ſweating, nor

does heat relieve it apparently. Nor do I account for our oyls curing it by this kind of operation. Thus I apprehend the cure is performed.

Right reaſon will inform us, the ſureſt method of finding out a cure for diſtempers, is carefully to obſerve nature's ſteps, and diſcover, if we can, what method ſhe takes for her own relief. To oppoſe her directly, is generally dangerous, but to aſſiſt her, ſafe and neceſſary. If then our foregoing theory be right, theſe oyls ſeem well calculated for this purpoſe. They are of a very warm, volatile, penetrating nature, and as much as we can conceive, in ſubſtance and uſe, like the oyly mucilage of the joints, of nature's own providing. From *Hippocrates* we at firſt obſerved, that the human body is very pervious. Theſe oyls then actually inſinuate themſelves to the part, and ſupply the uſe of the natural, by extinguiſhing this fiery drop, which gives the onſet of the diſtemper. And probably nature imbibes and attracts them greedily, for her relief. We may conſider that the drop which begins the prelude, is like that drop which is the poiſon of the viper, of a mad dog, the *pus* of the ſmall pox with which they inoculate, or other deleterious ſubſtance; which being of a *genius* immenſely fermentative, rages far and near, and draws by contagion

contagion a great quantity of the humors to partake of its own quality. So that beginning with our oyls upon the firſt attack, extinguiſhes the ſpark, before it makes the conflagration extenſive. In an ordinary fitt of the gout, we obſerve plainly, it takes ſeveral hours to raiſe the pain and ſwelling to a conſiderable height. And thoſe who have ſucceeded with the *moxa*, let out at firſt this fiery and contagious drop, and thereby cut off its beginnings. And this muſt be done in uſing the oyls. Whether theſe oyls act further beneficially, after having deaden'd its violence, by carrying it back into the habit, and thence forwarding its extermination, thro' the cuticular glands of the whole body; we may perhaps not without reaſon imagin: for the very breath and the pores of the body ſhall ſmell ſtrong of them, after properly uſing. Or perhaps it may prepare that matter to be ſent off by the excretory ducts of the kidneys in urine. But if this uſe of them does not act by promoting any ſenſible or inſenſible excretion, only by extinguiſhing the matter of nature's criſis *pro hac vice tantùm:* therein it differs not from the mode of operation, which we obſerve in the famous peruvian febrifuge. It performs the cure without any apparent evacuation, and for one turn only. Theſe oyls may

poſſibly, as the bark, prepare that critical matter for a beneficial and ſalutary evacuation, which we cannot at preſent account for: tho' this ſeems to be the intention deſired in the caſe, by ſuch as with other methods attempt to cure it. A ſmall matter critically applied will drive off diſtempers; as a fever is ſometimes cured with a fright, a fancy, a charm. And manifeſtly, when nature thus makes a diſcharge of the arthritic matter upon the ſolid parts, ſhe makes a falſe criſis, and 'tis a dreadful remedy to prevent a worſe preſent inconvenience. But this among many other matters, neceſſary or expedient to be conſidered, in the affair, muſt be left to a further judicious tryal and obſervation. What I know of it at preſent, I was willing to recite, if but to ſtir up an endeavour of mitigating, at leaſt, this untamable evil.

The operation of the *moxa*, and application of an actual cautery to a venomous bite, illuſtrates and confirms my way of reaſoning, for they deſtroy the texture or eſſence of the poiſon, before it gets head. So likewiſe the application of the fat of venomous creatures, in the bite, as us'd by the *Indians*, ſeems ſtrongly to plead in our favor. They ſeek the fat of the viper, perhaps other fat may do as well, unleſs that of the creature be of a more volatile

volatile nature than others; and perhaps our oyls would ſupply its place. Surely the fat can act no other way, than by its unctuouſneſs, which invelops and ſheaths the fiery *ſpicula* of the poyſon, and ſo do the oyls with the matter of the gout, according to my aſſumption. And with the ſame view has *lana ſuccida* been uſefully applied to the gout; 'tis an imperfect way of adminiſtring a volatile oyl. But I was unwilling to be tedious in diſcourſing on a recent ſubject, and which requires much experience and maturation, before one can pretend to make a regular treatiſe upon it.

It was with ſome difficulty, that I perſuaded the preparer of theſe oyls, to ſend ſome bottles up to Town. Who repreſented that his only aim was to give eaſe to himſelf and ſuch of his patients as thought fit to make uſe of them, without any view of having them made publick. He reſted himſelf well pleaſed in doing ſome good. But as I laid my Injunctions upon him (as he writes to me) to make it known in a more public manner for the benefit of mankind, he will diſcharge his duty in the faithfulneſs of its preparation: and has ſent up bottles of it, to be ſold at Mr. *Rogers*'s a hatter, the corner of *Chancery-Lane*, *Fleetſtreet*, his ſon. The method of uſing, is to heat

ſome in a ſpoon over a coal, and to rub it on as warm as may be, for ſome time. Then wrap the part up in flannel, and the ſooner this is done, the better. I have only this to add, and it ſeems perfectly obvious, that it is very neceſſary for arthritic conſtitutions, to uſe more than common temperance, if they expect relief from this or any other method. Too great a quantity of the arthritic matter may overcome this and all other Methods. 'Tis apparent this cannot alter the conſtitution, it cures it but for the preſent fitt. And the methods hitherto try'd, of dieting, milk, vegetables, *&c.* have indeed alter'd the conſtitution, frequently to bring in a worſe miſchief, or more expeditious death. And if we ſuppoſe the whole maſs of blood intirely chang'd, ſtill the ſame ſolids remain, and will produce in time the ſame conſtitution as before; if after a long intermiſſion you return to your former way of living. Or if you proceed in that poor way of living, 'tis doubted whether a better conſtitution is obtain'd, than the firſt.

We may with much reaſon recommend to arthritics, the uſe of milk, and that frequent. I have known during a fitt of the gout, a milk diet immediately enter'd upon, has taken off all the pain. I believe, in a fitt where there is much

gouty

gouty matter, white-wine poſſet-drink with ſpirit of hartſhorn prudently introduc'd for ſweating, and the oyls us'd upon the part affected at the ſame time, will have a happy event. I look upon it as a ſure axiom in the affair we are treating of, that by all poſſible and ſafe means, the matter of the gout ought to be hinder'd from ſpending its ſelf upon a joynt: for it certainly leaves an irreparable ſtroke thereon. It ſo ſpoils the texture of the oyl-glands that they never recover themſelves intirely. A frequent uſe of milk muſt needs be good, for the oleous particles that abound in that fine animal fluid, ſheath and ſubjugate the fiery particles of the gouty matter, much as our oyls are ſuppos'd to do.

It does not appear in hiſtory, that the old *Romans* were much troubled with this diſtemper, after luxury became univerſal among them. And it ſeems owing to another practice, which prov'd a remedy introduced by the ſame luxury, the frequent cuſtom of oyling their bodies. And thoſe oyls were uſed immediately after bathing, which open'd the pores and admitted them thro' the skin. The oyls likewiſe were impregnate with the virtues of hot barks, ſpices and herbs, ſuch as cinamon, marjoram, lavender, florentin iris, *ſerpillum*, and the like aromatics. So that they muſt be very

warm and volatile like our oyls. *Galen* in his book *De tuenda ſanitate* particularly recommends the uſe of them to ſtudents. And the *Greeks* in their athletic games practis'd oyling very much, which ſhews that they actually do penetrate to the joints. Thus the *Weſt-indians* who will run 30 or 40 miles a day, anoint themſelves all over at night with bears greaſe. It is recorded in the memoirs of the ſociety, that oyl of cinamon has been apply'd in the gout, with good emolument. And they that ſell oyl of muſtard-ſeed in town, affirm the like of it. Both which preparations ſeem to participate of the nature of our oyls. But by frequent uſe of milk internally and oyling externally, we may promiſe our ſelves, as it ſeems to me, great ſucceſs in the gout: and nearly accompliſh the regimen of *Romulus Pollio*, *Auguſtus*'s hoſt, who being ask'd by the emperor, how he had maintain'd for ſo great an age his health and vigor, being above a 100 years old: he anſwer'd, *intus mulſo*, *foris oleo.* Plin. XXII. 24. From whence we may well conjecture that old and tartarous and *french* wines are prejudicial in our diſtemper.

We may reaſonably think, that 'tis not in the power of oyls and milk to overcome a high degree of the gout, where perſons will not confine themſelves to a very

very ſober way of living and uſe exerciſe: tho' they may allow a moderate uſe of all the comforts of life. Nor can we preſcribe any other bounds than prudence and experience. We may retrench till we find the deſired purpoſe accompliſh'd. Health and long life are generally the mark of a good deal of prudence. Practice makes good cuſtoms eaſy. But what can be more eaſy, ſafe and pleaſant than temperance, when health, when natural dictates, when religion require it? What greater encouragement, than that you probably may find with it and our preſcribed method, a conſtant relief from the gout. And as gouty conſtitutions have commonly the ſoundeſt vitals, we may by theſe means, with ſome little inconvenience, avoid the pain and arrive at a vegete old age.

W. STUKELEY.

PART

PART II.

A TREATISE of the

CAUSE and CURE

OF THE

GOUT.

MDCCXXXIV.

PART II.

A TREATISE of the

CAUSE and CURE

OF THE

G O U T.

OF THE GOUT.

WHEN I publiſhed the letter laſt year, about the cure of the gout by oyls externally apply'd; I did not lay my ſelf under any engagement to defend the practiſe at all adventures. I recited only what I then knew of it, having heard of and ſeen its ſucceſs in my own neighborhood, to a ſurprizing degree. I had carefully weighed the thing in my mind, found it well anſwer'd the theory of the diſtemper; ſuch as I had form'd to my ſelf, from experience, practiſe, and from the beſt reaſoning I was maſter of. It promis'd no more than it perform'd, which was to cure a fitt of the gout. There were no inſtances of ill conſequences in the uſe. It had been try'd 3 or 4 years, and in a ſufficient number of caſes. Laſtly, I had uſed it

it upon my ſelf, and that in more than one ſpecies of the ſame diſtemper. After all this, I ſuppoſe I had good reaſon to notify it to the world, and for the world's advantage. What I wrote was as an invitation to try a remedy apparently good, in a moſt cruel and common diſtemper; and an expectation that all fair tryals of it ſhould be made known, for the confirmation or condemnation of the practiſe.

I thought too there was enough to juſtify me in not delaying the publication: and that an excuſe would be allowed from the great conſequence of the thing, and from the uncertainty of human life; if I had happened to be too precipitate. If the remedy propos'd ſhould have prov'd not altogether ſo ſucceſsful and effectual as I at firſt imagin'd: yet ſuch a publication might be extremely uſeful, in giving a hint to the world. Very often great inventions are not brought to the laſt perfection in the birth. They may require addition, method, correction, maturation. My ſole view was to benefit the publick. It was impoſſible I ſhould have any further intereſt in the thing, than that I my ſelf was part of the publick, and ſhould continue to reap the advantage of the practiſe in common with other people: or be timely diſabus'd, if by experience it was found prejudicial.

There-

Therefore I ſhall make no apology for this preſent treatiſe, ſuppoſing 'tis become a juſt debt from me. The importance of the ſubject claims it. That from a whole years farther conſideration and experience, I may give my maturer ſentiments about this practiſe. And I profeſs ſincerely ſhould I happen to be miſtaken in whole or in part, I ſhould be as early to acknowledg it. Whoever have felt the weight of the diſtemper, would be glad for any ſafe lenient in the caſe, any approach toward a cure. Nor ſhould I think much at the hazard I might run of an unjuſt attack upon my character (if any I had or deſerved) for ſo deſireable an end. All lovers of mankind will be pleas'd to have their fellow-ſufferers exempted from ſo exceſſive a miſery; even thoſe that are not obnoxious to it. For my own part, I cannot but look upon it as a moſt auſpicious piece of fortune in my life, that I thus became acquainted with a method which may render my future days comfortable. But how ſmall a pleaſure is that, in compariſon of being an inſtrument of benefiting mankind! Nevertheleſs the uſe of theſe oyls has been generally decry'd at home, and it took its ſhare even in party-conteſts, as uſual in the country. 'Tis not to be conceiv'd with what diligence and malice it was purſu'd here, as if the author of it had

had been a publick enemy to mankind: when he recommended nothing but what he us'd firſt himſelf. Tho' inſtances appear'd daily before their eyes, of its good effects; yet thoſe were detorted and miſrepreſented as much as poſſible. And they would rather believe the moſt irrational thing whatever, than attribute any good effect to the medicin. And thoſe that had been wonderfully reliev'd by it, were ſuborn'd to deny it. And after all, when the moſt extraordinary ſucceſs attended the uſe of it every where, thoſe very perſons who had been the greateſt oppoſers of the oyls pretended to imitate them, but in vain.

What the antients call'd our Fate, the *ſors vitæ*, we Chriſtians are taught rightly to call the direction of Providence. As in great ſocietys of men, ſtates, kingdoms, empires; ſo in the conduct of every private man's life, this over-rules all accidental or acquired inclinations, and turns them as beſt ſuits his own purpoſes and infinite wiſdom. When I reflect upon ſeveral remarkable coincidences in my own fortune; I ſeem to diſcern a ſuperior direction in this affair before us, without which in all probability, this extraordinary remedy would have been loſt to the world. This no doubt has often happened in like caſes, where they have not been properly notify'd

to the publick, and ſupported till their own excellency eſtabliſhes them in the opinion of mankind. I have reaſon to ſay thus much, both from the violent oppoſition abovementionʼd, and from Dr. *Rogers* the inventorʼs averſion to make himſelf or remedy publick. He never had the leaſt thought of doing it: but I perſuaded him to permit the World to reap the advantage of his labors, hazard, and pains, and to reward him for it. Providence directed me to the Cure of this pariſh in the year 1729, in which year in the month of *May* he firſt began to put in practiſe theſe oyls upon himſelf. I ſucceeded his brother, and he himſelf became my pariſhioner; but being of oppoſite partys, we had then no particular friendſhip. He had laborʼd under the diſtemper in a moſt deplorable manner, being laid up frequently 6 months at a time with it. Life, he ſaid, was become a mere burden to him, and to try ſomewhat, the only hope left. His father was of great eminence for his skill in pharmacy, and no one will deny him the juſtice to ſay the ſame of him. The ſucceſs anſwerʼd to his great joy, and but to his own cure, for a year or two. ʼTis difficult to perſuade the world to any thing new, till itʼs become a faſhion: eſpecially conſidering withal, that to give this medicin but its due praiſe, it appeared ſo

extraordinary, that nought but ſome of the common quackerys could pretend to deſerve it. Some people at length ventur'd to uſe it: the event was always ſo ſurprizing, that they could ſcarce induce themſelves to think they had the diſtemper.

Laſt year 1732. I was ſeiz'd with a fitt on St. *Peter's* day, which is *June* 29. it confin'd me in the houſe for 3 months and more. It happen'd during my tedious and melancholy decumbiture, Dr. *Rogers* riding abroad to viſit a patient, was thrown off his horſe in galloping. The horſe fell upon his leg and bruis'd him in a moſt deſperate manner. That leg was ſwell'd, inflam'd to a high degree, from knee to ancle, perfectly black in color, with watry bliſters; a frightful ſpectacle reſembling a mortification. The gout the unlucky concomitant of all misfortunes of this kind, immediately pour'd upon both feet, knees, hams, and his left ſhoulder. All the world of his acquaintance expected nothing leſs than a fatal cataſtrophe. He had recourſe only to his oyls, never lett blood once nor purg'd. In leſs than a month, that terrible contuſion, all the gout and ſymptoms were intirely vaniſh'd; and he was reſtor'd to a better ſtate of health, and uſe of his legs, than he had enjoy'd for ſeveral years before,

fore, to the amazement of the whole town of *Stamford* and the neighborhood.

This extraordinary event alarm'd me, and made me ſeriouſly to reflect upon it: the gout at that time ſtill hanging upon me. At length I determin'd to uſe the oyls, and they inſtantly reliev'd me, and put a moſt deſireable period to a fitt which commenced at the latter end of *June*. This was the 11th of *December*.

When I conſider'd carefully the good effect this application had upon my ſelf and others, and its perfect ſafety, for Dr. *Rogers* had us'd it 4 years upon himſelf: I could not omit acquainting the world with it, as ſoon as poſſible. He knew not the leaſt of my intentions; nor was there any intimacy between us. They that wiſh well to mankind will, I doubt not, rejoice, now I can inform them, that I have no need to retract in any wiſe from that notification. That I am confirmed very much in my opinion, of the excellent uſe of theſe oyls in the gout, from innumerable caſes ſince then, where they have been apply'd, in all parts of the kingdom; in which they have not once fail'd. Thoſe that happen'd near me, I have been particularly curious, in attending and obſerving, thro' the whole ſtage of the diſtemper and the cure; not without great aſtoniſhment. But what is moſt ſenſible, I had a ne-

ceſſary occaſion of trying them again upon my ſelf.

'Tis burthening the reader's patience and my own, to recite many of theſe caſes, and trifle in circumſtantial deſcriptions. The cure is as general as the variety of caſes can be. I have ſeen where the recent gout has fallen upon perſons in full vigor of manhood, upon both feet, ankles, knees and hams at once; and where from no temperate way of living, the podagric matter has been much and furious. I have ſeen the practiſe of it in people in years that have labor'd long under the cruel evil. And in rheumatiſms of the moſt ſevere kind, and in many inſtances of the ſciatica or hip-gout. Sharp has been the engagement between the malady and the remedy; yet in a week's time the fitt is maſter'd by the unction, all the pain and ſwelling is gone, and in 10 days or a fortnight they can walk abroad, and ride as well as ever: which fitts ordinarily would laſt 3 or 4 months. The quantity of ℥ii of the oyls will generally perform this cure. During the operation they make water freely, and have a ſtool regularly every day; both are fœtid, the water is full of clouds as ſoon as made, very high color'd and becomes very turbid, and full of ſediment of a greaſy, ſabulous matter. If it ſtands 2 or 3 days you ſee variety

of

of colors, and thoſe parts that ſwim at top become mouldy. The ſtools are pretty natural and bilioſe. Their ſtomach begins to return in 3 or 4 days time; they are entirely quit of pain, and can live after their ordinary manner, and ſleep at night. In a common and moderate fitt, where it's not become inveterate, the cure is ſo eaſy and pleaſant, that it appears rather as a delicacy, than a medicinal application.

This year 1733 juſt ſeven days ſooner than laſt year, I was ſeiz'd again in like manner, in moſt ſultry weather, which was the reaſon of its haſtning. *Sydenham* ſays, if a former fitt has treated us hardly, the following one comes regularly, when the year is return'd to the ſame point. I am as ſure as I poſſibly can be of any contingency in this world, that it would have held me under its barbarous tyranny and confinement, for three or four months at leaſt, had I not us'd this efficacious remedy. It came with great violence and ſuddenneſs, pouring down like a torrent, and I have no reaſon to think it would have been in any degree milder than laſt year. I had but juſt then regained any tolerable ſtrength in my feet, ſince the laſt conflict. The oyls abated the pain preſently. The 2d day, it was ſo little, that we podagrics may with eaſe put on

the Stoic affectation and laugh at it: notwithſtanding my foot ſwell'd as much as uſual, and appear'd as fiery and inflam'd. 3 or 4 days ſet me in that ſtate of recovery, which ſcarce leſs than 3 or 4 months would otherwiſe have done. In a week's time I was perfectly well. On the 9th day I buckled on my ordinary ſhoo, and in a day or two more I walk'd abroad and have continued well ever ſince. The ſwelling was perfectly gone in 10 days time, and ſince that, my feet have been ſtronger than ever for 5 years laſt paſt, and the like is obſerved by others that have uſed theſe oyls. It did not attempt to ſeize on the other foot, as always was the caſe before. I obſerved too, that the skin of the foot never came off as uſual, after ſolution of the fitt. 'Tis not eaſy to imagin the pleaſure I felt, in thus eſcaping with the thouſandth part of the pain which commonly attends us, in this unhappy ſituation: when I have enjoy'd a moſt perfect health and free uſe of exerciſe for the 6 months laſt paſt, which would otherwiſe have been conſum'd in the moſt irkſome confinement.

During my ſtudys in phyſick I was ſenſibly mov'd to bend my enquirys more particularly and aſſiduouſly toward this formidable *Goliath* of our Art: Becauſe I had an hereditary title to it. I read all

the

the authors I could meet with, whilſt I practis'd in the Metropolis. A large volume I wrote, being an intire hiſtory of the diſtemper, and the practiſe upon it, from the beginning to our own times; and much ſollicited have I been by friends and fellow-ſufferers to publiſh it. But I was too ſenſible the principal part, the crown-work was wanting, the Cure. Without that, 'tis in vain to harangue the world with the formal and formidable pomp of ætiologics, pathognomonics, procatarctics, prognoſtics: to define, diſtinguiſh with ſubtilty, to ranſack nature's receſſes, to be elaborate in hiſtorys of caſes, all the while the poor podagric ſuffers on. Nor has the diſtemper loſt an inch of ground from *Hippocrates*'s days even to our own. The gout the ſupreme tyrant ſtill gives ſentence, as in *Lucian* 1500 years ago.

Εγω δε τυτοις πασιν οιμαζειν λεγω,
I command them all ſtill to roar on.

In this deplorable ſtate of things, where I myſelf made an unhappy part, from a paternal *labes*, my thoughts were intent upon the diſtemper. I was always watchful of relief: I ever had the ſtrongeſt perſuaſion in my mind that I ſhould live to ſee that great diſcovery. For which reaſon I thankfully received the great bleſſing which

Providence has vouchſaf'd us. I think it a duty remaining to give the publick an account of what is the reſult of my meditations thereon, during the week's operation of the oyls. Now we may advantageouſly theorize from practiſe, not practiſe from theory. We may venture to write on a diſtemper when we have a ſure remedy for it: and when the very cure will enable us to reaſon upon it. Nor will this be an uſeleſs labor, or a ſpeculation of curioſity only: becauſe by ſearching out the true nature of it, we are inſtructed beſt in a prophylactic regimen, and may provide for its extirpation, at leaſt to weaken it very much and make it eaſy and gentle. No wiſe man will wiſh for a fever or willingly ſtand the chance of it, tho' we have ſo noble a remedy as the *cortex*, nor ought we to be careleſs and intemperate, becauſe we can cure the gout.

As to the hiſtory of the diſtemper, I need obſerve no more than that the earlyeſt account we have of it is in the Scripture, and the earlyeſt we can expect to have. " II. *Chron.* XVI. 12. *Aſa* in the 39th " year of his reign, was diſeaſed in his feet " till his diſeaſe became exceeding great: " yet therein he ſought not to the Lord, " but to the phyſicians. And *Aſa* ſlept " with his fathers and dy'd in the 41ſt year " of his reign." It follows, that he was

burnt

burnt in a funeral pile, as was the *Roman* cuſtom afterward. It can't be doubted that this diſtemper was the gout, and coming upon him, when in years, ſoon put a period to his life. " In I. *Kings* XV. " 23. we read it, in the time of his old " age he was diſeaſed in his feet." I don't ſuppoſe *Aſa* was the firſt that had this diſtemper, but is the firſt recorded in hiſtory, and this is near 200 years before the foundation of *Rome*. Tho' he was a very good man, yet he fail'd of his duty to his maker, in this inſtance, that in ſo great a diſtemper, he did not conſult the Lord, but the phyſicians. In thoſe times of the firſt temple, there was a viſible ſhechinah or glory, conſtantly reſident upon the mercy-ſeat that covered the ark, between the wings of the cherubim in the *adytum* of *Solomon*'s temple. The peculiar deity of this people, the *Jehovah* was perſonally preſent there, and anſwer'd in an audible voice, when acceptably conſulted. And affairs of health were frequently the ſubject matter of conſultation. *Ego Jehovah ſanans te*, ſays God, *Exod.* XV. 26. whence the ancients made their *Æſculapius*. *Tacitus* hints well IV. *hiſt.* " many call *Æſcu-* " *lapius* God, becauſe he heals the ſick. " Some hold him for *Oſiris* the moſt an- " cient deity, moſt make him *Jupiter* the " omnipotent, very many *Dis pater*." *Jupiter*

piter is no other than the *Jehovah* of the *Hebrews*, anciently wrote *Jovis*, which is a *greek* termination of the *heb.* word. *Hezekiah* being ill, the Lord ſent *Iſaiah* the prophet to him to apply a lump of figs for a plaiſter to his boyl, and he recover'd. II *Kings* XX. 7. *Iſaiah* XXXVIII. 21. The devil in his oracles perſonated *Jehovah*, whence we read in the holy Scriptures, II *Kings* I. 2. *Ahaziah* king of *Iſrael* ſent to enquire of the oracle of *Baalzebub* the god of *Ekron*, whether he ſhould recover of his diſeaſe. *Hippocrates de priſca med.* ſays the art of Phyſick ought to be refer'd to God, for its original. *Celſus* in his preface ſays, diſeaſes in the moſt antient times were thought owing to the anger of the immortal gods, and from them they ask'd relief. In imitation of this method of God almighty's, the heathen by the Devil's encouragement ſet up their oracles, and at firſt they were chiefly conſulted for remedys in diſeaſes, ſays *Pliny nat. hiſt.* L. 29. And no doubt but that cunning ſpirit, who could ſee farther into the powers of nature than man, kept up the credit of theſe places of enquiry, by now and then performing a cure. And it was the method of people to write a tablet and hang it up in the temple, of the remedy by which they were cured. And by means of theſe, *Hippocrates* (who was a moſt excellent

lent genius withal) arriv'd at his great skill in the profession. However it happen'd, but true it is, that all mankind ever since, have as unsuccessfully consulted the physician in the gout, as king *Asa* did. God almighty has thought fit to set times to all useful inventions in every art, and now only (I think) we may with sure effect pronounce a remedy for *Asa*'s distemper, in the sacred words of the great Prophet and legislator, which I have quoted in the title page.

'Tis impertinent to be tedious in giving a description of the gout. The poets study nature, and I cannot take any method so proper to paint the direness of it, as in their words. For which purpose I chuse *Lucian*'s, in his merry and witty play call'd *Tragopodagra*. He suffer'd under the distemper and dy'd of it. Thus he describes it.

Χειρῶν ἀπ' ἄκρων, εἰς ἄκρας ποδῶν βάσεις
ἰχῶρι φάυλω, καὶ πικρῶ κυμῶ χολής,
Πνεύματι βιαίω τῶδε δια σφίγγον πόρους
ἔστηκε, καὶ μεμυκὸς ἐπιτείνει πόνους.
σπλαγχνων δ' επ' αὐτῶν, διά πυρον τρέχει κακὸν,
δίναισι φλογμῶν σάρκα πυρ πολούμενον,
ὁποῖα κρητὴρ μέστὸς Αἰτναίου πυρὸς,
ἢ Σικελὸς αὐλὼν ἀλιπόρου δια σφαγος,
ὅπου δυσεξέλικτα κυματούμενος,
σηραγξε πετρῶν σκολιὸς εἱλεῖται κλυδών.
ὦ δυστέκμαρτον πᾶσιν ἀνθρώποις τέλος!

from

from hands and feets extremitys
th' impetuous fiery ichor flyes;
a furious ſpirit thro' every vein
ruſhes with unrelentive pain.
whilſt every member, as it comes,
th' encauſtic peſtilence conſumes.
as the rock Ætna's furnace burns,
and marble into pumice turns:
ſo by thy chymiſtry we find
our bones and joints to chalk calcin'd;
or knotty made and motionleſs.
O who can thy dire ills expreſs!

We need not ſpend time in repeating the great variety of opinions and different hypotheſes in Authors about the formal cauſe of the gout. I ſee no reaſon to change any part of the theory of this diſtemper, which I advanced in my letter, touching the matter that cauſes it, and the ſeat of it, which I aſſerted to be the oyl-glands about the joints and tendons. It ſeems very plain, that 'tis deriv'd from the ſalts which abound in all our meats and drinks. 'Tis thoſe which give our fleſh, fiſh, their flavor; our wine, beer, their ſtrength. And they that live well, have a good claim to the diſtemper; *Helmont* calls it *morbus ſuaviter viventium*; *Homer* long ago obſerved this, calling it Μισοπλωχος, it flys cottages and ſeeks the habitations of the idle and luxurious. There it reigns

and

and revels. It paſſes by hard fare and induſtry, and ſubſiſts in jollity, feaſting and midnight debauches. 'Tis not only *dominus morborum*, but *morbus dominorum*. All ſavory things convey into the blood great quantitys of theſe ſalts, which are permanent and incorruptible bodys, of great activity, ſolidity, force, attraction, and withal very fiery and cauſtic. All theſe qualitys are heigthned exceedingly and ſpiritualiz'd, the matter is rectify'd, as we may very properly call it, by various tranſmiſſions from one animal to another, from various concoctions, digeſtions, cohobations, fermentations. So that 'tis no wonder if at laſt, when they meet in a gouty perſon who uſes not labor and exerciſe enough, from the ſmoothneſs of ſurface and ſolidity they ſtrongly attract one another, and aſſemble too much together; from the ſharpneſs and hardneſs of their points they lancinate; from their fiery malignancy they burn, and from nature's expelling them as much as ſhe can, out of the habit of the body, they cauſe what we call a fitt of the gout. Wiſe nature (as we name the eſtabliſh'd order of cauſes and effects, flowing from the Almighty Will at creation) throws off theſe peſtiferous ſalts, that they may not offend the general œconomy, nor attack the Capitol. She throws them off to the great joints, as much as poſſible,

that

that they may be extinguiſh'd by a plentiful affuſion of oyl, out of the glands there, which are to lubricate the joints. And we find this is moſt effectually done in a week or a fortnight's time, in young people, whilſt theſe glands are vigorous. Here nature acts wiſely, and loudly calls out to the patient, to take care for the future to avoid that method of life which produces this diſtemper.

I am thro'ly perſuaded, the humor of the gout is much more impetuous and fiery in young people, than in thoſe advanc'd in years, *cæteris paribus*. And that 'tis a vulgar error to ſay, the diſtemper grows worſe and worſe upon us, in its own nature: unleſs we grow worſe and worſe in our way of living, which is not commonly the caſe. People ſhould become wiſer and more temperate with advancing years; if they have been guilty of extravagance in youth. And podagrics generally are more careful in their *regimen* than other people. But the diſtemper grows worſe upon us, only becauſe the oyl-glands are ſpoil'd and can't as uſual reſtrain its fury: beſides the inconveniences accruing to a conſtitution weakned from ſo many tedious months of inactivity, which neceſſarily follow frequent returns of fitts. Further, the joint-glands themſelves by age grow rigid, and ſecern leſs of their proper humour.

Hence

Hence when the gout falls upon people in years, it proves very ſevere, for want of a neceſſary quantity of that oleaginous matter to extinguiſh it. And inſtead of a week or a fortnight for its period, takes ſome months; and makes quick returns again. So that a fitt of the gout is moſt undoubtedly a criſis, and a juſt and uſeful criſis for a while. But after a few fitts, it ceaſes to be ſo. And tis hard to ſay whether we are to blame nature or the patient's own conduct, who ſcarce hitherto has had it in his power to aſſiſt her, for want of knowing what was the real nature of the diſtemper. Thus I ſhall explain my meaning. There are thouſands of people, who live the moſt irregular, luxurious and debauch'd lives imaginable, and yet enjoy a good ſtate of health for many years, and eſcape the gout. As many people are obnoxious to it, who lead pretty regular lives, at leaſt many degrees more ſo than the forementiond, and yet are plagu'd with the gout; and apparently deſerve not ſo ſevere a remedy. Ought we not then to change the common ſentiments which we have got of this diſtemper; and call it a falſe criſis, when it's notorious that in the forementiond people ſhe finds out a better manner of relieving herſelf, from time to time, and with leſs real harm to the animal œconomy, than by that ſharp and fearful medicin, and conſequentially

ſequentially ruinous to the conſtitution, the gout? this is not to be call'd beneficial in a proper ſenſe: any otherwiſe than as a leſſer evil is more eligible than a greater. But of this queſtion again hereafter, when we will endeavor to give it a fit reſolution.

At preſent we take it for a fixt principle, that the cauſe of the gout is the abundance of theſe animal ſalts, work'd up with vegetable ones ariſing from tartar and fermentation. 'Tis very apparent that ſcurvy and gout are near ally'd. This we ſee abundantly from all authors, eſpecially Dr. *Muſgrave*: but the ſalts in the gout are much more volatiliz'd, The gout then is the legacy of plentiful living and inactivity. Theſe ſalts are ſharp to create a good appetite, which podagrics generally find; but *that* creates a wrong balance between in-taking and expending. And we may very well with Dr. *Cheyne* define the gout to be, an effort of nature to throw off this abundance of ſalts. I add, ſhe underſtands chymical mixtures well; ſo ſhe throws 'em off into the oyl-glands, becauſe nought but oyl can ſheath their pointed particles.

In order more plentifully to drain off theſe ſalts, which muſt neceſſarily be convey'd into the blood, more or leſs, in all our meat and drink, Nature has well provided

vided us with two great glandular bodies, the kidneys, plac'd at the extremities of two large blood-veſſels, the emulgent vein and artery, derived from the great vein and artery, very ſoon after their parting at the heart, the fountain of circulation. Theſe large veſſels bring and carry back the blood to and from the kidneys near the main ſtream, where it paſſes quick. And the kidneys ſeparate theſe ſalts from it abundantly in the urine. And becauſe this was not enough, the whole skin is fill'd with glandular pores, as further emunctories of theſe ſalts in ſweat, after they are blunted and become ſaponaceous, by a mixture of oyl. And no doubt but the matter of inſenſible perſpiration, which in quantity exceeds all the other evacuations put together, conſiſts chiefly in theſe ſalts volatiliz'd. The ſalivary glands carry off a further part. The vaſt evacuation of bile takes up a conſiderable quantity of theſe ſalts: every ſecretion whatever has a ſhare of them: life requires this active principle in every part. Thus we ſee how anxious nature has been to relieve her ſelf from any ill effects thereof, and to leſſen the quantity, as much as may be, of thoſe untamable bodies; which yet are very neceſſary to be admitted into the blood for the ſake of their energy; and by their good diſpoſition and management, all vegetable

and animal life very much ſubſiſts. But the univerſal frame of nature depends upon action and re-action. The proper meaſure of it creates a good conſtitution and harmony of the functions and health; from a preponderancy flow diſcord and diſeaſes, and particularly the ſubject of our preſent enquiry.

Theſe ſalts being too long retain'd in the circulatory organs become highly volatiliz'd and cauſtic. All ſalts are more or leſs cauſtic, but moſt, ſuch as have paſs'd thro' an animal; from ſuch urinous ſalts the *phoſphorus* only can be produc'd. Spaniſh flys, bees, waſps, ants and all thoſe kind of creatures which bliſter, are made up, as it were, of theſe cauſtic ſalts. Glow-worms, lanthorn-flys may be call'd a living *phoſphorus*. The ſting of bees, waſps, and all poyſons of animals are made of theſe cauſtic ſalts. And they much reſemble the pain of the gout, which differs from common pain, and feels like that of a hot coal or hot iron apply'd to the part. And no doubt with great propriety, the matter of the gout may be termed a liquid *phoſphorus*, a ſubtle poyſonous *gas*, which nature exterminates for her relief. What we call a rheumatiſm is the *arthritis vaga* of the ancients, 'tis a real gout in another mode; and admits of the ſame cure.

Hippo-

Hippocrates makes the cauſe of the gout, a *flatus* or ſpirit, ἄνεμία he calls it, II. *epidem.* § 5. and its quick and ſenſible tranſitions ſhow plainly 'tis as a ſubtle *aura* which paſſes thro' the whole habit of the body. And that *aura* as *Ten Rhyne* ſays p. 33. *de arthrit.* is *maligna, pernicioſa ac quaſi venenata. Pareus* ſays 'tis ἄρρητον, a thing of an incomprehenſible nature, no more known than that of the plague, epilepſy, *lues venerea.* XVII. 2. he makes it ſubtle and virulent. *Cardan* makes the cauſe of the gout to be a ſpirit. *Senertus* a ſharp, ſalt, ſubtle humour, a ſalt ſpirit. And when they burn with *moxa*, a *flatus* is perceiv'd to hiſs out of the wound. If they keep it open like an iſſue, a thin *ichor* exſudes, fiery, malignant and very fetid. Platerus *de obſervat. propr.* ſays he has obſerv'd long *ſinus*'s and wormhole-like corroſions in the muſcles of thoſe that die of this diſtemper. Sometimes it appears on a ſudden, like a florid boil in the face or any other part, ſore and fiery beyond expreſſion, and in all reſpects like a plague-boil. This being burnt with *moxa*, or dexterouſly let out, gives a ſpeedy cure. *Parry* relates ſuch a ſtory of a Lady at *Bourdeaux*, *Buſhoff* of a man at *Wratiſlaw*; and I have ſeen the caſe more than once. *Tulpius* in his obſervations, L. IV. 2. tells a ſtory, that the

ſubtle *aura* of the gout in a patient, would ſometimes fly up from the great toe to the brain, and cauſe an epileptical fitt. Whereupon they ty'd the joint, and hinder'd its aſcent to the head: and by cauſtics, ſcarifications and the like, upon the part, they ſo lett it out or alter'd the texture of it, that they made a cure.

A man cannot without horror think upon this fiery peſt got into his veins, preying upon his carcaſe alive, freely ravaging every limb like a conquer'd and triumph'd province. They that have felt it, know the pain. But how is the prodigious evil doubled, when we know no remedy? The great *Agrippa Auguſtus*'s friend, his General, his admiral, his ſon-in-law, the ſecond man in the empire, wiſe, valiant, fortunate, under the agonys of the gout, choſe rather to want the ſenſe of feeling, than to feel ſuch torment; and by the advice of one of his phyſicians, put his legs into hot vineager, which deſtroy'd his nerves and kill'd him. *Pliny*, *nat. hiſt.* ccxxxi.

Varro relates that *Servius Clodius* a *Roman* knight, conſtrained by the greatneſs of the pain, anointed his legs with poyſon and thereby depriv'd 'em of all ſenſe. *Pliny*, xxv. 3.

How many great men do we dayly read of, languiſhing out their lives under the hopeleſs

hopeleſs yoke of this malady, how many do we daily ſee? *Lucian* mentions many of the famous heroes of old among the *Greeks*. Such as king *Priamus*, *Achilles*, *Oedipus*, *Proteſilaus*, *Ulyſſes*, *Bellerophon*, *Pleſthenes*, *Philoctetes*.

Charles the great, the emperor, who us'd to conquer all, was at laſt overcome by the gout, as *Sennertus* tells us. So the great prince of *Conde*. Nor does it make leſs havock in the learned world. The famous *Tyrannion* the grammarian dy'd of it.

Ennius ipſe pater, dum pocula ſiccat iniqua,
Hoc vitio tales fertur meruiſſe dolores.
Q. Seren.

The learned *Voſſius*, and innumerable more, nay, it ſpares not the profeſſors themſelves. Even *Radcliff* the great genius of our age, as *Sydenham* of the preceding, both compos'd themſelves with inevitable patience at its approach. They who repel'd death all around them, tamely awaited his laſt ſtroke, when armed with this dart.

Thus from all ages it has appear'd an equal difficulty to bear and to remove the gout. *Sydenham*, a great glory to our country and art, ſagacious in all other diſtempers to a wonder, after 40 years, ſuffering, obſerving, ſtudying it, at laſt complains there's no remedy: lyes calmly down, *Ti-*

tyus like, for the fierce vultur to prey upon his bowels, fortifys himſelf with the cold comfort remaining, of ſtoical apathy. *Nullus dubito* (ſays he) *prudentiſſimos quoſque eorum, qui cum hoc morbo diu conflixere, de omnimoda curatione deſperantes, Choro qui iſtius dramatis* (*ſc. Luciani Tragopodagra*) *cataſtrophen facit, ſuffragaturos. Lenem O ubique gentium celebrata afferas nobis dolorem, O podagra, levem, facilem, non acutum, brevem, haud ſævientem, &c. Hippocrates* the father of the greek medicin ſays the inflammation ceaſes in 40 days. This we would ſuffer contentedly, were it but a ſingle decumbiture in a man's life. But alas in our clime, 'tis not content with that allowance, and even then will make but ſhort intervals, before it repeats its unwelcome viſit.

If we examin curiouſly into nature's arts, in forming the bodys of animals, which are deſign'd for motion and action, we may remark, one of them provides for the ſlipperyneſs of every part, where any motion is performed. This is in order to prevent grating, heat and friction. Thus the membranes that cover the inner cavity of the cheſt, and belly, which we call *pleura & peritonæum*, the membrane that incloſes the heart call'd *pericardium*, are altogether glandular; the one to favor the ceaſeleſs motion of the lungs, the other

the

the periſtaltic motion of the inteſtines, the third that of the heart. Likewiſe all leſſer and more particular membranes belonging to the *viſcera* are of like ſtructure. All the common membranes which cover the muſcles, which are the ropes of the body; all the membranes which cover the joints, the pullys of thoſe ropes, partake of like artifice. The little glands abounding over their whole ſurface ſpew out continually an oyl, to keep them moiſt and ſmooth. More particularly ſtill, in the joints themſelves are certain cavitys contriv'd, wherein great glands are inſerted, as in a ſecure corner, not to be preſs'd upon by the bones in action: yet ſo as to be gently touch'd and ſollicited to pour out their oleaginous contents, upon every action. Likewiſe upon every great tendon of a muſcle, there is a gland to moiſten it and keep it from breaking. Thus in that cavity for the head of the thigh-bone is a great gland, as big as a nut, the largeſt of this ſort in the whole body as the largeſt joint: in the knee-joint are 4 or 5, in all the joints of the hands are conſiderable glands, well provided by wiſe nature for that organ of organs. So upon every tendon of the hands, eſpecially thoſe of the *muſculi perforantes*; upon the ſhoulders: upon the feet, on every joint and tendon of the toes, *tarſus*, *metatarſus*,

particularly on the great tendon of the muſcles which extend the foot, and thoſe of the *perforantes*: on the ancles, and ſo of all the reſt, according to their action and exigence. Beſide this, there is a continual exſudation of the oil of the marrow, which is contain'd within the bones, thro' their foraminous extremitys, upon the joints themſelves as the learned Dr. *Havers* ſhows, p. 172. of his oſteology. 'Tis very evident that without this excellent contrivance, upon extraordinary action of any joint, the ends of the bones would be wore away, or at leaſt they would be fir'd with heat.

The liquor which thus abounds in the joints is a delicate, pellucid, oleaginous ſubſtance, of an incomparable ſmoothneſs, ſomething like the white of an egg, a natural balſam to prevent the injurys of action. This is ſeen to run plentifully out of the joints of calves feet when cut. The uſe of all this is apparently the ſame as greaſe to coachwheels. 'Tis an oyl thicken'd by the ſaline particles in our blood and the nitre of the air, as *Havers* ſhows from Dr. *Grew*: this is to actuate it and render it uſeful. The oyl of the marrow and the oyl of the joint-glands continually bedew the joints and fit them for action. Both concur in that important office of an animal, and in a proportion agreeable

agreeable to the exigency of the whole and of each limb. This oyl and this mucilage he compares to the artifice of carters and coachmen, who make in imitation thereof a compoſition of greaſe and tar, with which they beſmear the inſide of the naves of wheels and the extremitys of the axis upon which they move. Without this their ſwift rotation and continued action would ſet them on fire, as well as wear them away.

This ſmooth compoſition is uſeful not only to the extremitys of the bones and cartilages upon their articulation, but to the ligaments likewiſe, the bandages that keep them together. It preſerves them from dryneſs and rigidity, plyable and conform to all the variety of neceſſary action.

The glands are ſmall and numerous upon every membrane about a joint: likewiſe upon ſome particular parts of a membrane, where 'tis convenient. And in the ſinus's of the bones in the joints, theſe glandules are ſo conglomerated, as to form remarkable glands. In ſome of the large joints there is only one and large as in the *acetabulum* of the thigh bone: in ſome, as in the knee, there are 4 or 5. the fabrick of them conſiſts in ſeveral membranes ſuperſtrated one over another, ſet thick with ſmall round bladders, which not only lye con-

contiguous, but tenaciouſly adhere together; as the ſeveral membranes likewiſe do. All theſe glands have excretory ducts into the joints. There are of theſe glands upon the firſt *vertebra* of the neck of the *atlas*, on which the head turns; on the articulations of the ribs to the ſpine. In the ſhoulder joint there is a conſiderable one; ſo in the cubit are ſeveral. So upon the *radius* and *ulna*, the wriſt upon the *patella* of the knee, and in ſhort upon every joint, cartilage, membrane and tendon of the whole body. For which reaſon theſe very parts are all the ſeat of the gout.

I find that from time to time, mankind has made ſome approaches toward diſcovering both the nature of the diſeaſe and the cure. The happy completion of it was reſerv'd to our times. Among the innumerable dreſſes, which they have put the humor of the gout into, we may obſerve all along, they make it of a very ſubtle, burning and deleterious nature. Tho' there are great variety of opinions concerning the origin of it, ſome attribute it to one of the 4 fancy'd humors predominating, phlegm, blood, bile, melancholy; ſome to a ſtraitneſs of the capillary veſſels at the extremitys, or to their rigidity; ſome to the nerves and nervous fluid, ſome to indigeſtion, wind and the like; ſtill the matter it ſelf that cauſes it, they thought

thought contagious and inflammatory. *Sydenham* more than once pronounces the conſtitution of podagrics to be *luxurians & viroſa*, which we may tranſlate poyſonous, that is, their blood is of a rich nature apt to ſecern a juice of a poyſonous quality, in other words the gout. *Havers* makes the matter of a Rheumatiſm or running gout acrious, ſubtle, hot and volatile, of a burning and fiery quality, ſaline, pungent, lancinating, corroſive. That it falls upon the mucilaginous glands in the coats of the muſcles and coagulates their juices, juſt as ſpirit of nitre does, and the like acids when pour'd upon them.

They had reaſon enough even from the obſervation of ſenſe to ſay ſo much. I add, that this is not to be underſtood in a poetical or figurative ſenſe only, but literally and ſtrictly. For I ſcruple not to affirm the matter of the gout is a true poyſon. Theſe are ſome reaſons that juſtify me in the affirmation. 1. I argue the gout is an actual poyſon from the violent inflammation, ſwelling, pain, heat, thirſt, and all the concomitant ſymptoms; the very ſame to all intents and purpoſes, wherever it fixes, as in a venomous bite: and the humor probably is as little in bulk. We ſee how terribly the ſting even of a waſp or bee will ſwell and inflame a whole

whole limb, and produce a moſt fiery pain. *Hippocrates aphor.* 47. § 6. obſerves the gout is a true inflammation. And when it ſeizes on the ſtomach it produces the ſame ſymptoms as poyſon ſwallow'd. 2. I argue that 'tis a poyſon from the *juvantia & lædentia*, heat enrages it, the warmth of the bed and warm flannels do no more good, than keep it where it is fix'd upon the part. The cool air or cold water ſenſibly abates the inflammatory heat and pain, but then they drive it out of the part, as uſeleſsly as the former method, but more dangerouſly; becauſe it recurs ſomewhere elſe. Neither the heat makes any evaporation of that humor, nor does the cold any ways extinguiſh it. Theſe bare qualitys have no uſeful effect. Again, 3. The 2 only methods of cure, the moxa and our oyls, both confirm my poſition. 'Tis not to be doubted that the moxa has often cured the gout: but 'tis a tremendous remedy. It will not be eaſy to perſuade patients to bear the ſlow fire of a wooly plant burning upon their fleſh for a minute or two. Nor is the cure ſo infallible. But certain it is, that where burning whether actually or potentially, cures the gout; it cures it merely as a poyſon: the fire of the poyſon ſubmitting to the greater fire, as a hot iron cures the

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bite of a viper, by ruining and deſtroying the texture of the poyſon. 'Tis to be obſerv'd that the little wooly cone or moxa which is to burn the part, muſt be ſet with great exactneſs upon the very point where the gouty drop lyes. For if you ſet it but an inch off that place, it produces no effect. This ſhows 'tis by the fire, which kills this poyſon that the cure is perform'd, rather than by any quantity of humor deriv'd from the burning. And this ſhows too, that the humor how ſmall ſoever in quantity, is a real poyſon. The ſame thing we infer from the *Indian* practiſe of lighting the moxa with little aromatick ſticks prepar'd for that purpoſe. Theſe in burning, emit a very grateful ſmell, good againſt the poyſonous damp and fume of the diſtemper, which the fire draws out of the wound; and which is very prejudicial to the patient and byeſtanders, as well as to the operator that performs the burning. The ſuddenneſs of the relief here proves the ſame thing, for tho' we are not able to ſtir our foot for ſeveral days without lifting; upon letting out that envenom'd ſteam by the moxa, we can walk inſtantaneouſly; and the cure of the gout by our oyls proclaims the ſame truth. Theſe oyls introduc'd upon the poyſonous *gas* in its receſſes, effectually diſarm and ſubdue its viru-

virulence ; as unctuous things likewiſe cure venomous bites, if timely apply'd, and before the poyſon has diffus'd its ſelf into the blood. Our oyls are but a *ſuccedaneum* to nature's oyl in the joint-glands, too little in quantity to perform the cure ; either naturally where the gouty matter exceeds the antidote in one joint, or where theſe oyl-glands have been much debilitated, ſhrivel'd, and injur'd thro' frequent fitts, in which caſe our oyls come as a timely auxiliary, and effectually turn the fortune of the battle, to the patient's advantage.

4. I argue the matter of the gout is a poyſon from that common appearance of the skin coming off, after a long fitt of the gout. Nature has been ſtrugling for months to ſubdue this internal poyſon, by dint of time and patience, by affuſion of blood and humors upon it, to quench this fiery venom, and at laſt, and with her beſt endeavors, 'tis but imperfectly and partially done. 'Tis quieted, not extinguiſh'd. Like embers it lyes lurking, till additional ſtrength enables it to break out into another fitt. But that part of the humor which nature by long time and force drives out thro' the skin, ſo taints its emunctorys, as *Virgil*'s harpys, ſo leaves its peſtiferous *ſordes* behind, that nature is forc'd to throw it off and form a new skin

skin under it, and well we may ſay of it in the poet's words,

Triſtius haud illis monſtrum, nec ſævior ulla
Peſtis, & ira Deûm Stygiis ſeſe extulit undis.
——— contactuque omnia fœdant
Immundo ——— Æneid. III.

And this is a thing common in all poyſonous caſes, and ſurfeits, as the country-people call them. The whole skarf-skin comes off, wherever the venom has touch'd. But I obſerve when we perform the cure of the gout by means of our oyls, taking it very early; the skin does not come off. The poyſon is extinguiſh'd. What little of ſubſtance there is in it, gives nature no trouble, ſhe probably carrys it away in that very turbid water which we make during the operation. And if we ſuppoſe the ſalts are not abſolutely and entirely blunted by the oyls, we may juſtly think they have but activity and pungency enough left, the better to conduct them to the urinary organs. And thus the excellent *Sydenham* in the end of his terrible pathology of the gout ſays, " a moſt intolerable itching in the foot affected, " comes upon the fitt retir'd; eſpecially " between the toes, ſcaly parts then come " off, and the feet are ſtript of the skin, " as if we had taken poyſon, *quaſi epoto veneno*".

veneno." As we read his pathology of it, we cannot but ſee all along that the humor is a poyſon which nature is curing as well as ſhe can, by plunging it into the oyl glands; every plunging is the *paroxyſmulus* which he mentions, many of which make a *paroxyſmus*. For as 'tis impoſſible in a great fitt that the oyl-glands of one joint ſhould be ſufficient to extinguiſh that poyſon, ſhe is forc'd to divide the onſetts or fitts into little ones, to give time for the glands to recruit, and for the ſame purpoſe ſhe throws the humor alternately from one foot to another, and when thoſe two limbs are not ſufficient ſhe takes in more.

5thly, The univerſal appearance of the gout, and what all authors write about it; that by continuance of time, it turns all the humours in the body to its own likeneſs, ſhows evidently 'tis a poyſon, and that when we have long labor'd under it, the remnant of our unhappy life is but a continual ſtruggle of nature to drive off that poyſon from the firſt vital principle, and fight it as long as it is able. So again that common obſervation in it, that the ſharper the fitt, the ſeverer the pain; by ſo much the ſhorter it is, and the ſooner we recover; ſhows likewiſe that 'tis a poyſon. As *Sydenham* obſerves, pain is nature's moſt bitter remedy in the caſe, which

which the more vehement it is, ſo much it ſhortens the fitt, makes the intermiſſion longer and more perfect. The crueller has been the conflict, ſo much more oyl and labor has nature expended to procure a victory. Would we then know the nature of the gout, we need only read Dr. *Mead*'s book of poyſons, and be fully appriz'd of the matter. I doubt not but the poyſonous drop of the gout is ſimilar to that of a venomous bite, as Dr. *Mead* obſerv'd it upon a microſcope glaſs; a parcel of ſmall ſalts nimbly floating in a liquor and ſtriking out into cryſtals of incredible tenuity and ſharpneſs, he calls them *ſpicula* and darts. Such likewiſe in the drop emitted by the ſting of a bee, and in the common nettle. He found by experiments that 'tis of an acid nature. He ſolves the ſymptoms by the pungent ſalts of the venom acting as *ſtimuli*, irritating the ſenſile membranes, deriving a greater afflux than ordinary, of the animal juices that way. In ſpeaking of the poyſon of vipers being ſwallow'd without harm, he attributes it to the balſam of the bile, which proves an antidote to thoſe ſaline *ſpicula*. And treating of the cure from the *axungia viperina*, he ſays it conſiſts of clammy and viſcid parts, which are withal more penetrating and active than moſt

other oyly ſubſtances, and that they involve, and as it were ſheath the volatile ſalts of the venomous liquor, and prevent their ſhooting out into thoſe chryſtallin *ſpicula* which cauſe the deadly miſchief. In the next chapter he ſays, the *oleum ſcorpionum*, or the oyl wherein ſcorpions have been infus'd, is a preſent remedy for the ſting of this creature, as the *axungia viperina* for the viper. He ſays the viperine venom is the quinteſſence or moſt active part of thoſe animal juices, with which the viper is nouriſh'd, and ſo of the ſcorpion and other poiſonous animals: the like we may ſuppoſe of the matter of the gout, being the quinteſſence or moſt active part of the rich blood of arthritics unbroke by labor.

I have known ſeveral inſtances of people obnoxious to the gout, that have been ſeiz'd with a ſudden and moſt violent inflammation in the face, a ſmall tumor ariſing like a plague ſore immenſely fiery, which breaks and runs with a ſcalding water or *ſanies*, and then heals up. No doubt but this happily diſcharges a fitt of the gout, and ſufficiently ſhows the poyſonous nature of that humour which cauſes it. So that *Lucian* not improperly compares the pain of the gout to the gnawings of the hell-hound *Cerberus*, to the poyſonous bite of *Echidna* a hell-ſnake,

and

and to *Neſſus* the centaur's poyſonous garment, which he gave to *Hercules*. The analogy goes ſo far, as that after the bite of a viper the ſwelling continues ſome time, and the inflammation; and often more conſiderably upon the abating of the pain and other ſymptoms. And as Dr. *Mead* obſerves, one good drop of a viper's poyſon does all the cruel execution: ſo by what we can obſerve, one drop of the gouty poyſon is enough for a limb or joint. Again, there is the ſame timouroufneſs induc'd from the ſpirits and nerves, which *Sydenham* ſo much complains of in the gout; as 'tis one ſymptom of the bite of a tarantula. *Hic accedit*, ſays he, *miſeriarum cumulus, quod durante paroxyſmo animus etiam ceu* contagio *afflatus, eo uſque corpore compatitur, ut haud facile ſit dictu, utro horum æger calamitoſius doleat. Non enim rectius podagræ quam iracundiæ paroxyſmus omnis dici poteſt: cum mens & ratio uſque adeo ab infirmato corpore enerventur, ut vel leviſſimo affectuum motu impellantur & vacillent: unde non magis ipſi quam aliis gravis eſt. Quid quod & cæteris quoque paſſionibus eſt obnoxius, timori,* viz. *ſollicitudinique atque aliis id genus: a quibus pariter torquetur, donec morbo evaneſcente animus quoque priſtina tranquillitate recepta una convaleſcet.* Theſe obſervations are agreeable to the effect which actual poy-

ſons have upon us. And in the bite of the mad dog a proneneſs to anger is one of the ſymptoms, as Dr. *Mead* takes notice. He ſuppoſes that poyſon to be fiery, ſaline particles thrown from the boyling blood into the *ſaliva*. He ſays, the dreſſing the wound of this poyſonous bite with *unguentum ægyptiacum* ſcalding hot, and this alone timely apply'd has happily cured it. At the end of his account of poyſonous minerals and herbs, he gives the indication of cure, ſuch things as are of a ſmooth oily, lubricating ſubſtance. Thro' the whole courſe of his book, we find he aſſigns corroſive ſalts for the particles of infection and poyſon. He makes animal juices of a fermentative, active nature, fiery and corroſive, and thoſe of human bodies ranker and more abounding in active ſalts than thoſe of other creatures, which are continually repair'd and nouriſh'd by the juices of animals. And I may reaſonably add, that of thoſe creatures juices, ſuch are leaſt corroſive and fiery as are nouriſh'd by vegetable ſubſtances only. But from the Doctor's reaſoning much may be obtain'd to illuſtrate the nature of the gout, and much towards its relief and cure, its retardation or eradication.

In the cure of the gout, I likewiſe obſerve, mankind has very much inſiſted upon an external

external and an oyly application. The peculiar nature and property of the evil which affects the joints, ſeem'd to indicate, that it was thruſt out of the habit, like an unwelcome gueſt; it was turn'd out of doors as far as might be, and wanted ſomewhat that ſhould either lead it ſafe out of the purlieus of the body, or deſtroy it where it was; that it might not make a freſh return inwardly, to diſturb the family. More particularly we may diſcover, that unctuous applications have been a frequent intention in arthritic remedys. Nevertheleſs time was not mature for the exact *recipe* in the caſe. Since I have enter'd upon this argument, I have met with many relations that I can depend upon for fact, of accidental cures by external applications. And I find, they all conſiſted of volatile, unctuous ſubſtances: but none ſo certain, convenient, cheap, eaſy and well appropriate to the caſe, and effectual as our preparation. I mention the thing only as a confirmation of the *rationale* upon which I proceed: and of the true intention to be regarded in the cure. And tho' before, authors have been in the right track, yet they did not perſevere, as is a common caſe in practiſe. If we ſee not an immediate effect produc'd we change our method, and know not what it will produce. And thus no

doubt, many excellent medicins have been loſt. Indeed at firſt ſight an external remedy carrys the beſt pretence for ſucceſs here, where it has given no previous trouble to the ſtomach, at that time its ſelf very languiſhing, and ill able to bring it into action, if any thing uſeful that way could be given, which I wholly diſbelieve. What ever we give inwardly muſt receive great alteration by paſſing thro' all the concocting and ſecretory organs and thro' the blood, before it can arrive at the part where its work is. But I obſerve in reading authors, where they have accidentally done any conſiderable ſervice in the gout, it was by ſome clumſy, operoſe, outward application and that oyly. Thus *Galen*, L. II. *ad Glauc.* c. 4. commends oyl of *Sabin*, and II. *de ſimpl. med.* f. c. 18. he much praiſes a ſaponaceous mixture of ſalt and oyl. *Cælius Aurelianus* commends oyntment of ſquills, and wild cucumer, *euphorbium*, *adarce*, likewiſe to foment the part with warm water and oyl apply'd with ſpunges. *Euonymus in antidotario* ſays, bones burnt and extinguiſh'd in oyl, apply'd outwardly, are uſeful. *Pliny*, XXVI. 10. ſpeaks of *Verbenacea*, *cicuta*, *erigeron*, theſe muſt be beaten with *axungia*. Poppy ſeed with milk, XX. 18. the ſeed is a mere oyl without any hypnotic quality. The net-

tle

tle ſeed beaten with old oyl, or the leaves with bear's greaſe, XXII. 13. *Panos helxine* beat with goat's ſewet and cyprus wax. XXII. 17. the root and leaves of *helioſcopium* boil'd with goat's ſewet. XXII. 21. *Ægineta* ſays wonders of *thymus*, *origanum*, *ſatureia*, *calamintha*, and thoſe herbs full of a hot penetrative, volatile oyl, in the caſe. *Aetius* gives the hiſtory of one cured by application of the fleſh of oyſters with litharge and henbane leaves beat together in old oyl. *tetrab.* 3. *ſerm.* 4. c. 28. he much recommends ſalt mixt with oyl. *tet.* 3. *ſerm.* 4. c. 21. *Trallian* us'd muſtard ſeed. *Fonſeca* commends the oyl of *lapis lazuli*. The late learned Phyſician and Antiquary Dr. *Muſgrave* in his *Belgium Britannicum*, p. 165. mightily commends diſtill'd oyl of *Gagates lapis*, apply'd to the gout. *Dioſcorides* mentions the like before, V. 99. *Hildanus cent.* 1. *epiſt.* 35. wonderfully praiſes an unguent made of ſalt, *oleum lumbricorum* and *vulpin*. *Colbatch* uſes and commends much a balſam of oyl of olive ℥viii. and oyl of vitriol ℥ii mix'd, and ſays it deſerves to be written in letters of gold, being the *balſamum rubicundum*: the *balſamum arthriticum* of Dr. *Quincy*; 'tis taken from *Schroder* but he added *adeps humanum* to it. *Colbatch* ſays he has known it take off a fitt without any internal medicin, and that with-

out repelling. So *Lucian* in *Tragopodagra*, after naming a thouſand things try'd in vain, introduces two *Syrians*, who cur'd it with an unguent deliver'd to them from their father, which is not unworthy of a particular remark. It ſeems to me that the progreſs of theſe oyly experiments upon the gout has been retarded, from a miſtaken notion of ſuch things ſtopping the pores and hindering tranſpiration; *Riverius* declares as much, after he had commended neats foot oyl in our caſe, and gives a *recipe* for making it. And we find at laſt, that what they have attempted to do from all ages, with remedys horrid, ſuch as cauſtics, cauterys, iſſues, ſetons, moxa, with a thouſand ſuperſtitious fancys, with medicins awkward, nauſeous, uncertain; what they have been aiming at imperfectly, is fully and adequately accompliſh'd in our oyls. And the higheſt reaſon we have to adore Providence for ſo great a bleſſing.

Hitherto we have treated of the hiſtory of the diſtemper, and of its cauſe: wherein we have ſhown that 'tis a really poyſonous, fermentative humour thrown out of the blood. We are next to ſpeak of the remedy, or antidote for this poyſon, as we may now properly call it. The oyly preparation which Dr. *Rogers* has made, is as ſure and ſpecific a cure for it, in all reſpects,

ſpects, as the *cortex peruvianus* is for agues and fevers; or any other the moſt ſpecifie remedy in all Medicin. This I may with confidence affirm, from innumerable experiments. But a perſon of true judgment, in the animal œconomy, in philoſophy and the operation of medicines, cannot but ſee, that if the gout be a poyſon, this active and penetrative oyl is incomparably well adapted for its antidote: and ſo we find by experience. As ſoon as ever 'tis introduc'd upon the matter of the diſtemper, it kills and extinguiſhes it. It ſo invelops and blunts thoſe pungent, fiery ſalts, that for ever after they are perfectly harmleſs. It immediately curbs that outrageous ſwelling, and pain; and reſtores very expeditiouſly the limb to its priſtine ſhape and office. That contagious quality that would draw in a great quantity of humors to partake of its own nature and diffuſe itſelf thro' the whole conſtitution (as one grain of gunpowder inflam'd fires all the circumjacent heap,) ſoon diſappears, as if it had never been. And ſurprizes the patient that has been us'd to theſe fiery tryals; like a priſoner who beyond his hope eſcapes a capital ſentence; this I can ſpeak very truly, becauſe very feelingly. I ſhall give the reader my obſervation upon a week's tryal.

When nature is in a diſpoſition to ſeparate this humor from the blood, which we call

call a fitt, ſhe ſeparates it continually in a certain equable tenor, till ſhe has reliev'd her ſelf as perfectly as ſhe can. She does not ſeparate it all at once, becauſe ſhe knows one joint cannot ſupply the remedy at one onſet. The ſecretion of glands is a gradual thing and matter of time. This humor thus thrown out, according to my former theory, upon the oyl-glands of the joints, is extinguiſh'd by the oyl whether natural or artificial, as faſt as it comes: if the oyl be ſufficient in quantity. The humour is generally detach'd to the moſt diſtant joints of any conſiderable bulk, firſt. I gave a reaſon in the firſt part, why it ſo frequently begins with the great toe. When the area of one joint gives it not ſcope enough to diſplay its colors, it retires to the next and ſo on, according to the quantity of its forces. And thus the tragedy becomes more or leſs extenſive. Since the cruel pain is the only remedy in the ordinary way, nature is oblig'd to divide her tortures and quarter them upon different limbs, to ſave the life, which is her chief care. And as 'tis impoſſible that the joint-glands, in a great fitt of the gout, ſhould inſtantaneouſly find oyl ſufficient for a remedy, ſhe is oblig'd to accompliſh her purpoſe by long time; by bringing a huge afflux of blood and humors, to damp and quiet for a while,

that

that flame which ſhe cannot quench. So at length after a tedious ſtruggle and inhumane butchery, the fitt is ſolv'd, the matter is imperfectly extinguiſh'd, the poor Sufferer crawls out of the ſhambles for a while, as by a day-rule of the *Fleet*, till the mercileſs tormentor ſummons him again to equal miſery. This is the bleſſed ſituation of a podagric! a happy occaſion for the congratulation of friends. The pretended earneſt of threeſcore. Well may he cry out as in *Lucian*, which I ſhall give in *latin*, becauſe beautifully turn'd, and may be ſtyl'd,

ODE *in Podagram.*

O Triſte nomen, o diis odibile,
Podagra, lachrymoſa, Cocyto ſata,
In Tartari *ſpecubus opacis edita!*
Erinnys utero quam Megæra ſuo tulit,
et uberibus aluit; cuique parvulæ,
amarulentæ, in os lac Alecto dedit.
Ergo quis abominabilem Te dæmonum
produxit in lucem, exitio mortalibus?
Quòd ſi luunt errata manes mortui,
Si luce commiſſi rationem nox petit;
nec Tantalus *ſiti, nec* Ixion *rota*
volubilis, nec Siſyphus *onere lapidis*
cruciandus in Stygii *fuit Ditis domo;*
tuis ſed omnes omnium ſcelerum reos
aptare decuit membrifragis cruciatibus.

O

O nympha ingenium adamantinum habens!
quam Jovis *horret pernix telum.*
quamque profundi fluctus pelagi
trepidant, quam quoque trepidat, ſceptra
qui gerit infera, Stygius Pluton!
O gaudens nodis, lectigrada,
curſivetans, talorum tortrix,
calcicrematrix, malehumitanga,
oſſitremenda, genufraga, inſomnis,
articulos cruciandi cupida,
curvi-genu-flexa, potens Podagra!

O hideous name, hateful to Gods and men,
O gout, calamitous, hell-born I ween,
ſent from *Tartarean* deepeſt, darkeſt den!
whom from her direful womb *Megæra* accurſt
brought forth, and the fell froward bantling nurſt.
what fury elſe could thy dread mother be?
to mortals baneful, *Stygian* malady!
but if the conſcious ſhades our actions know,
and this world's crimes are puniſh'd there below:
nor *Tantalus*'s thirſt, *Ixion*'s rack,
nor *Siſyphus*'s ſtone ſtill rolling back,
is equal doom; rather to each be ſent
the gout, more adequate a puniſhment.
hence let thy member — breaking tortures fall
on every crime and every criminal.

O

O nymph of adamant, relentleſs Dame!
even *Jove*'s hot thunder trembles at thy name;
Neptunian ſurges cannot quench thy flame.
Hells ſqualid Monarch dreads thy power divine,
his ſcepter drops, and weaker owns than thine.
Thee joints nodoſe and throbbing ancles pleaſe,
and ſolemn pace and couches void of eaſe.
Thee frying heels and burning knees adore,
Rent bones, crackt ſinews, nights inceſſant roar:
ſighs are thy incenſe, groans the melody,
and yelling ſhrieks; to hymn thy Majeſty.

Thro' a courſe of years under this ſevere diſcipline, every joint in the body is viſited; as it paſſes from one to another for proper *pabulum*, is exhauſted and ruin'd. When all the outworks are demoliſh'd, it makes an approach to the citadel. It certainly ſpoils all the joint-glands in the body, it licks up all the fat of the fleſh, membranes and every thing that is oyly; ſo that the limbs waſte and ſhrivel, whilſt the joints protuberate with nodes and chalk-ſtones. That fiery acid in the blood being never thro'ly extinguiſh'd, it perverts all the juices, every ſecretion, every admiſſion of new chyle, into its own kind: the vital fluid is thro'ly podagric. The conſtitution by

a long ſeries of confinement becomes utterly overthrown, all the ſolids by frequent ſwellings, pittings and relaxations are weakned, lyable to every deſcent of humors, all the hinges of the animal frame are ſubverted, every animal function is vitiated; the carcaſs retains but juſt life enough to make it capable of ſuffering.

During the operation of the oyls, I obſerve nature plays this game in miniature, which ſhows beyond contradiction that the artificial cure is perfectly analogous to the natural, and form'd upon a true baſis, for medicin is the handmaid of nature. The ſolution of a fitt of the gout by means of our oyls, is much like nature's progreſs in the whole life of a podagrie: or as the ſum of all the fitts of a man's life. And if duly attended to, will lead us to the true explication of the manner of their working, and remove ſome ſuperficial difficultys or objections. In the common way of ſolving fitts by permitting them to nature, the podagric matter gradually and ſlowly ſaturates its ſelf, ſpoils the joints and their glands, as it goes, and therefore reverts to the next to feed on. In our cure by oyls, the matter being extinguiſh'd in every joint it comes to, and that almoſt as faſt as it comes; if there be a further quantity, it goes to the next joint (the blood ſecerning it by degrees.) The former joint from the

quick

quick ſubduing of the poyſon is not ſo weakned in texture, but it can reſiſt an inſult of the humor. Hence there is ſomewhat of the appearance of a repelling quality in the Oyls: but 'tis not ſo in reality. Thus we obſerve nature's method in the caſe. In a fitt where there is not an extraordinary quantity of matter, it ſeizes upon the great toe-joint as uſual. Upon unction we find the whole inſtep ſwells. This is not owing to the unction, but to the poyſon whoſe nature is to ſwell the part, as is too notorious. And in every operation of the oyls, the joint (eſpecially if the patient has been frequently handled) generally ſwells as much as ordinarily. This does not depreciate the efficacy of the oyls, but magnify their virtue, that can ſubdue ſo great an evil; firſt by taking off the violence of the pain, next in extinguiſhing the poyſon, upon which the ſwelling immediately ſubſides, and the limb returns to its priſtine ſtate and ſtrength, with ſurprizing expedition. All the joints of the *tarſus* that were much ſwell'd and inflam'd, becauſe the poyſon was actually introduc'd upon them, ſuddenly recover their tone again as ſoon as the antidote can poſſibly operate. You muſt remember in this and all caſes of the gout and rheumatiſm to purſue it with the oyls, and you find a ſpeedy and perfect cure.

In

In a caſe where there is an extraordinary quantity of matter, in people that indulge their genius much; upon the acceſſion of a fitt, it plays a bolder game. After you have extinguiſh'd it in the toe and *tarſus*, it takes the ankle, then the knee, and perhaps the like in the other leg. If there be quantity enough, it will enlarge its province with hands, elbows, ſholders *&c.* in this moſt horrible caſe the oyls cure as it goes. As faſt as you purſue it, ſo ſurely you ſubdue it. Dr. *Havers* obſerves in the cure of a rheumatiſm that mucilaginous and oyly pectoral medicins are aptly preſcrib'd. He ſays 'tis imitating nature's compoſition, correcting and reſtoring the mucilaginous juices ſhe provides for the muſcular membranes, in whoſe glands the ſeat of the diſtemper lies: ſubſtituting an artificial mixture which ſupplys the defect of that which the morbific matter has vitiated. And this I find by experience to be true. In the moſt ſevere rheumatiſm, where the humor has attack'd every joint from the head to the toe end; we have follow'd it with unction: and in a fortnight's time totally ſubdu'd that frightful diſtemper; which otherwiſe in the ordinary manner of treatment would have laſted ſome months, and kept the patient in exquiſite torture all the while. And this ſhows inconteſtably that the humor of the rheumatiſm

tiſm is the ſame as that of the gout; and that both is of a truly poyſonous nature. This operation then muſt not be call'd repelling. Every one that knows the gout, remark, 'tis uſual for it in common inſtances, to make quick tranſitions from one part to another, and after it has extended one limb, as much as may be, it flys to another. Repelling is a word to be taken in a double ſenſe, properly and improperly: but in neither ſenſe can I admit of our oyls repelling. Strictly and properly by no means muſt that be ſaid to be repell'd from a certain part, which never was in that part. To ſay the humor would have come into the part, had not the oyls been apply'd, is but a gueſs. And be it fact, 'tis a happineſs to divide the field of battle and ſpread the enemy's troops thin, that they may the eaſier be circumvented and attack'd on all ſides. 'Tis a happineſs to hinder an enemy from entring a part already weakned and incapable of reſiſtance or reſiſting with difficulty: and to meet him bending his forces againſt a freſh wing unbroken. And this is aſſuredly the caſe in the application of the oyls. The enemy retires continually weakened with real loſs of its virulence and quantity upon every unction. And which plainly ſhows that there is not the leaſt danger to be ap-

prehended, of the gouty humor falling upon the noble parts. The very warmth of the oyls attracts that humor to them, as well as deadens it when attracted; they are the proper *pabulum*. Juſt as any ſalt is ſtrongly attracted by the water which diſſolves it. And nature determins it to them, for the ſame reaſon as ſhe ſends it to the oyl-glands. And this all experience confirms. In the caſe of rheumatiſms where they have been the moſt violent and inflammatory that is poſſible, we have follow'd the pain with unction thro' every joint of the body from the neck to the toe ends. The conſequence is a moſt certain and ſpeedy cure, without any tranſlation of matter inwardly and upon noble parts, or any ill conſequences whatever. And thus a fitt of this diſtemper which would otherwiſe have tortured the patient for 2 or 3 months or more, has been happily and gently ſolved in a fortnight. I forbear naming particular inſtances. The fact is notorious with us at *Stamford*: and the like in the Sciatica. I have ſeen inſtances where thro' extreme weakneſs of nature and furiouſneſs of the diſtemper, when the morbific matter during a long fitt has reverted upon the noble parts and a hickup with the like violent ſymptoms of evil prognoſtic has prevail'd: in this deplorable circumſtance,

upon

upon a plentiful application of the oyls, the patient has recovered in two days time in the moſt ſurprizing manner. There is little need to make long harangues and obſervations upon this and like caſes. They ſpeak for themſelves. And if you kill an enemy as faſt as he advances, it may be call'd repelling him, but very improperly. *Polyænus* would not wiſh for a better ſtratagem: I am ſure 'tis a ſafe one, either in war or in the practiſe of phyſick. So that if upon uſing the oyls, the part ſwells exceedingly, or if you find it begins upon a new joint, be not diſcourag'd; it ſhows only a large quantity of the morbific matter, and requires an immediate application there.

I know full well it will be objected to this method of cure, which we are inculcating: that all kinds of tampering with the gout are pernicious and deadly. That many inſtances are known of it, in every body's obſervation. That both internal and external remedys have cur'd the gout, but the cure has been attended with conſequences worſe than the diſtemper; and ſuch perſons cur'd have generally wiſh'd they had never medled with it. Theſe kind of objections are very obvious, and will be made to our method, as well as the reſt; and have been the great diſcouragement in all ages from attempting relief

in this diſeaſe; and if admitted will hinder the world from reaping the benefit of this method, tho' we ſuppoſe only, 'tis an effectual one. Nevertheleſs it behoves mankind to diſtinguiſh, to exerciſe judgment and to look at a diſtance. Poſſibility of danger is not to affright us from neceſſary and noble attempts. There is a real difference between calming this humor of the gout, or repelling it into the blood and totally extinguiſhing it; as much as there is in quieting a febrile flame, and extinguiſhing it. A fooliſh caution, an injudicious fearfulneſs in the practiſe of phyſick, is as much to be diſcommended as raſhneſs and boldneſs.

I know full well, the danger of tampering in this or any other diſtemper: and I hear *Sydenham* pronouncing, that in the gout, 'tis nature's high prerogative, to exterminate the morbific matter in her own way, and to throw it upon the joints, thus. " *In podagra* " *nihilominus Naturæ quaſi prærogativa eſt,* " *materiam peccantem ſuo modo exterminare, & in articulos deponere, per inſenſilem tranſpirationem diffiandam*". He is only miſtaken in the laſt ſentence, " *per* " *inſenſilem tranſpirationem diffiandam.*" For the gout will by no means ſpend its ſelf that way, nor can that be wiſe nature's intention, in throwing it upon cold, extreme

treme parts. The practiſe of phyſick dictates to us, that we are not to oppoſe nature, but aſſiſt her; and in that conſiſts the excellency as well as ſafety of our remedy. It is exterminating the morbific matter in nature's own way; not oppoſing but aſſiſting her. 'Tis not to be call'd tampering, there will be no after reckonings, the cure is compleat, nature leads the way her ſelf, and therefore 'tis perfectly ſafe.

If inſenſible perſpiration would have done the feat, a cure would have been found out ages ago, from the 10000 warm adminiſtrations both internal and external, which have been found intirely uſeleſs. And *Sydenham* ſays himſelf, immediately after the forecited paſſage, that a *diaphoreſis* or ſweat has been altogether unprofitable, and ſo I have experienc'd it.

I have this to add, as a great confirmation of the certainty and ſafety of our cure; that whereas we find by experience, that even a gentle purge given towards the end of an ordinary fitt of the gout, is ſo far from being uſeful, as may be thought, in carrying off the dregs of the diſtemper; that it generally brings a new fitt not at all milder than the firſt. Whereas after the uſe of the oyls, a gentle purge is very profitable and accelerates your recovery,

without danger of bringing a new fitt, as I have try'd by experience. This notoriouſly proves, 1ſt. That in the ordinary method, the criſis of nature is by no means compleat, when a fitt has run its whole courſe, without moleſtation. 2. That in our cure the criſis is compleat, and perfectly agreeable to nature's purpoſe, therefore certain and ſafe. Laſtly, the author of this medicin has us'd it 5 years compleatly. The returns of fitts are much ſeldomer, they come without any ill ſymptoms or irregularity. He always ſubdues them with great eaſe and expedition; has the uſe of his limbs, and enjoys a much better ſtate of health than he did for many years, before he began the unction. So that we muſt ever anſwer to theſe kind of objections, by denying that our cure is tampering, is removing, repelling, tranſlating the humor of the diſtemper; but deadning it and effectually diſarming it. Nor need we fear its repullulating in any other place, for this fitt.

I cannot forbear, in this place, mentioning the late worthy and learned Dr. *Walter Harris* my Collegue and Friend. He honor'd me a young man with a particular intimacy. His memory is dear to me, and will live to the world, as long as his book of the diſeaſes of children: And lateſt poſterity will revere him, who

was

was the firſt that diſcover'd the true method of treating thoſe tender years with medicin. He dy'd in *July* 1732. aged 85. This ſagacious author thus wrote, juſt 50 years ago, in his treatiſe call'd *Pharmacologia antiempirica*, printed 1683. " The gout, ſays he, is an habitual diſ-
" poſition in nature to throw off offenſive
" humor, critically upon the joints. The
" cure of the gout and the cure of the
" fitt are two very different things. If
" inſtead of a fitt, that would, according to
" the courſe of nature, hold him 6 or 8
" weeks in pain and weakneſs: he ſhould
" be reliev'd of his pain in a few hours,
" and deliver'd of his weakneſs in a few
" days, he has reaſon to thank God for
" this aſſiſtance of art, and to embrace it
" with joy.

" The firſt thing therefore, and the
" chief that is to be done in the fitt, is
" to take away the pain in each part,
" where the defluxion has fallen, by pro-
" per *outward* applications: and to free
" the parts, as well as may be, from that
" load, which within ſwells and dilates
" præternaturally the fibrils. The pain be-
" ing often ſo great, as to cauſe a ſymp-
" tomatic fever with it, we ought dili-
" gently to apply our ſelves, to remove
" this grievous *pain*. And a man may as
" well maintain that it would be injurious

" to the body, to part with a quartan
" ague, before it has been ſhook with it
" for a full year, as that it would not be
" ſafe, to loſe the pain of the gout, be-
" fore ſo many weeks are over: and nature
" it ſelf has, as it were, in pity to the
" diſeas'd at laſt given them a convenient
" reſpite. The benefit of *outward* applica-
" tions when properly adminiſter'd, in a
" raging fitt of the gout, is as great as
" the freedom from pain in any other
" part, is eaſe and comfort, in reſpect of
" that part,

Thus does our judicious author in the fulleſt manner, ſay all that can in ſtrongeſt terms eſtabliſh the practiſe, we are recommending to the publick: tho' all the while he was ignorant of the great remedy which Providence put into our hands, immediately after his death. From mere judgment he pronounc'd, what is the appropriate cure of the gout, tho' he ſaw not what could anſwer all his intentions of cure; and could ſcarce hope that it would ever be accompliſh'd by one application only, and that ſo ſimple and eaſy. He ſaw too, that it muſt be by ſome what external. Even the learned Dr. *Pitcairn*, in his diviſion of diſeaſes, reckons gout and ſtone diſeaſes *extra animal.* But how well does Dr. *Harris* diſtinguiſh between the cure of the Gout, and the cure

of

of a fitt of the gout? How does he tacitly reprehend the preſent way of thinking in this diſtemper, of wiſhing joy upon the acceſs of a fitt: as if a long and moſt miſerable life was a bleſſing? As if it really gave a long life, or was a truly judicial and ſalutary criſis. When at beſt it muſt be call'd ſuch a goal-delivery only as conſigns the priſoner to the executioner. Senſeleſs muſt thoſe be that maintain the pain of the gout is uſeful, and by no means to be rebated. 'Tis a high abſurdity, and no other than a cloak of ignorance of the cure. The gout from the beginning has been deſervedly call'd the *opprobrium medicorum*, and in good meaſure owing to our ſelves, who childiſhly diſcourage any attempts upon it. And even at this day, there are found ſome of little and low minds both in the Town and Country, who are willing enough to oppoſe Dr. *Rogers*'s remedy, becauſe they were not the inventors themſelves, when they cannot pretend to any cure of their own, or becauſe they envy mankind ſo great a comfort. Such muſt be ſtrangers to the generous and noble principle of philanthropy, that higheſt vertue our nature is capable of arriving to, an imitation of the ſupreme Being, the το αγαθον, an endeavor to do all the good we can: but eſpecially to ſo great a part of mankind laboring under this

this formidable affliction: which muſt needs excite the higheſt degree of compaſſion from thoſe who profeſs humanity. A ſavage ſoul would be touch'd at the ſight of a wretch lying but one hour under a *Spaniſh* rack; yet this is nothing in compariſon of a ſevere fitt of the gout.

How well has Dr. *Harris* defin'd this diſtemper? That 'tis an habitual diſpoſition in nature to throw off offenſive humor upon the joints. 'Tis properly the joint diſeaſe, *arthritis*, and 'tis nonſenſe to divide it into *podagra*, *chiragra*, *mentagra*, *gonagra*, *talia* and the like ridiculous names, as if it were not terrible enough, unleſs ſplit into 100 terrors. 'Tis all one and the ſame humor and diſeaſe. Yet why ſhould nature chuſe to throw it off upon the joints, but for ſake of the oyl-glands? The diſeaſe is truly a habit, but a very unlucky one, before our remedy was diſcover'd; a miſerable criſis which nature by conſtraint chuſes. The gout is not only ſo far habitual, as at ſtated times of the year, once or twice to attack us, but will often make a ſupernumerary and irregular viſit; a moſt incomplaiſant officiouſneſs! And then it will hold us as tediouſly and cruelly, as in its ordinary executions. 'Tis no ſecurity, that you have ſo lately undergone the queſtion. And for this purpoſe it will lay hold on the moſt trifling

trifling occaſion, any evacuation, a wrench, treading awry, a ſmall blow, bruiſe, wound, a cold, exceſſive hot weather or cold, an eaſterly wind, an alteration of weather, a ſitting up in the night, a little change of dyet, liquor, conſtitution, bad wine, *French* wine, ſtale drink, walking. From any of theſe the gout will frequently break forth. Upon a ſmall variation in the craſis of the blood, theſe volatile ſalts that hitherto had been held aſunder, cluſter together, and fly off like an unforeſeen exploſion. By leſsning the quantity in venæſection, by violently hot weather evaporating ſome fluid parts of the blood, by cold weather conſtringing the pores and preventing an expulſion of the ſalts in ſweat or perſpiration, by any thing that happens to the renal glands, or hinders the ordinary ſeparation of urinary ſalts, by purging, which diminiſhes ſome of the fluidity of the blood, ſqueezing it thro' the inteſtinal glands and many more ſuch cauſes, the ſalts are more ſtrongly attracted to one another, than by the blood they ſwim in, and ſo they open the ſcene of this wretched tragedy. And thoſe that are obnoxious to it are generally people of good ſenſe, capable of reflecting upon their unhappy ſituation in life, which does but double their miſery.

So

So much the more ought we to congratulate our ſelves for a remedy. Theſe accidental fitts which I call the contagion of the gout, are certainly quell'd by one or two anointings, which without it, would produce regular fitts. And whenever we find the veins turgid and the part begin to look red and hot, the ſigns of an approaching fitt, we are inſtantly to apply to the remedy: which like pouring water upon fire extinguiſhes it. No words can paint out the pleaſure we feel, when we ſo eaſily eſcape. When we are reliev'd from it, in as many weeks ſhall I ſay, rather in as many days, as otherwiſe months: if left to the ordinary courſe of nature. When we eſcape not only the cruelty of all the pain, the lancinating tendinous twitchings, the wakeful nights, the languiſhings, faintings, ſickneſſes, febrile heat, nauſea, the dread of the leaſt motion; the fitts of anger, deſpair and violent diſorders of the mind; but the ill conſequences too which are worſe, if poſſible, than the primary caſe, in ſo unreaſonable a confinement from air and exerciſe, which alone would be very prejudicial to our conſtitutions, without thoſe former aſſociates. And what is ſtill a greater advantage, thro' this excellent remedy, we eſcape the melancholy proſpect of a life exquiſitely miſerable, to thoſe that have conſtant returns, the more

unhappy

unhappy the longer it is in killing. Hence we may baniſh all the formidable *apparatus* of bed-cradles, chairs, couches and *automata*, ſhoes of cloath, cutt or lac'd, gloves, ſtockings of various dimenſions, ſticks and crutches, ſprings and wheels, and a thouſand contrivances of machinery for eaſe, motion and carriage. Inſtead of the old *Egyptian*, *Scythian*, *Chineſe*, *Japoneſe* burnings, needles, moxa's; inſtead of the directions of horror among the old *Greek* and *Latin* writers, *ſecato*, *urito*, we need nothing but to anoint. A preſcription ſo ſoft and gentle, that were it not for a diſtemper, we ſhould reckon it a delicacy, a revival of antient luxury. And did we practiſe the athletic ſports of the antients, we ſhould uſe it every day for pleaſure: it gives ſuch a vigor, ſuch an eaſyneſs of motion to the joints, ſinews, and tendons, that new Adam-like in *Milton*, we wonder as we walk. We ſay as he,

With fragrance and with joy my heart o'erflow'd;
My ſelf I then perus'd, and limb by limb
Survey'd, and ſometimes went, and ſometimes ran,
With ſupple joints and lively vigor led.
P. L. VIII.

If

If we can't affirm the uſe of the oyls will directly prevent the return of fitts, yet thus far it muſt be acknowledg'd, they are uſeful to that purpoſe, and will do it in great meaſure by their conſequence. As they make a ſpeedy cure, they remove the dire effects of inactivity, which lay a foundation for a ſucceeding fitt. If after a week or two, we can return to our liberty and exerciſe, action and buſineſs, what an ineſtimable benefit muſt it be to our conſtitution? I need ſay nothing of its advantage to people of trades and profeſſions. Doubtleſs to return ſpeedily to our common way of living, to the air, is infinitely preferable to all the milk and herb-dyets, all the vegetable and ſtarving regimens, which have of late been at great price imported from abroad; fatally practis'd very often I believe, ſeldom ſucceſsfully. They are but the laſt and deſperate efforts of mankind reluctant to miſery, to the tremendous evil. But in our method, the fibers are reſtor'd to their natural tone, before they have ſuffer'd. And the univerſal œconomy is put into its former ſtate, ſo much better than before, as we have expeditiouſly extinguiſh'd that flame boyling in our veins, poyſoning the fluids and preying upon the ſolids. In this view, doubtleſs the oyls are prophylactic, as well as preſent cure. I likewiſe judge they are

ſo,

ſo, in another ſenſe. We know that in the ſmall pox, there is a ſecondary fever, owing to the maturation of the *pus*, and to the great quantity of it which enters the blood, by its long ſtay, and excites that fever. This is not all the inconvenience of it. Nature aſſimilates it into nutriment, and thereby lays the groundwork of an ill conſtitution, which we often obſerve after the ſmall pox. The like we may very rationally conceive, to be the caſe of a fitt of the gout; and we find by experience, that when we permit the caſe to nature; after we have drag'd on life thro' the firſt ſtage of a month or two, and fancy we are on the mending hand; there comes a recrudeſcence, a ſecondary fitt, or what we call the echo of the gout. This runs thro' every part again, in the ſame order as at firſt, tho' perhaps not with equal pain, becauſe its ſtrength has been rebated by the preceding fitt. It is certainly owing to a re-entry of the humor into the blood. And tho' nature by long tract of time, ſo far overcomes the venom of the diſtemper, that by ſlow degrees we get abroad again: yet even then we have too much reaſon to affirm, the victory is but partial. So much of the dregs is return'd into the blood, by the tediouſneſs of the confinement, that it becomes a ſure hoſtage and the leaven of another unwel-

come

come viſit, always too early, moſt frequently before we are throughly recover'd of our laſt. And thus by continual ſucceſſion of fitts, we are never from under its dominion: like an animal ty'd in a ſtring, we are never at perfect liberty. But I apprehend, theſe oyls effectually kill the preſent material cauſe of the fitt, ſo as to ſuffer no part to return into the blood, unalter'd and capable to aſſociate again or do any harm. For after thoſe ſalts have been thus bridled by the oyls, the utmoſt they can do upon return into the blood, is to carry the ſabulous matter along with them, the recrement of gout and gravel, and evacuate it by urine. And this makes the urine ſo extravagantly thick. And 'tis ſurprizing to ſee the odd appearance of it during the unction, and for a long while after recovery: to ſee the quantity of clouds in it immediately upon making, the ſcum at top afterwards and ſediment at bottom, very thick. No doubt but the oyly particles that have enter'd the body and wrought the cure, may be part of it, and brings along with it whatever was noxious to the conſtitution, otherwiſe it may paſs off by ſweat or inſenſible tranſpiration. For the oyls blunting theſe ſalts is but an imitation of nature's art in making a ſaponaceous mixture, which is the matter of ſweat.

And

And by this means we doubly cut off the growth of the ſucceeding fitt, by reſtoring the patient to early vigor of the ſolids, and by totally deſtroying the matter of the preſent fitt, making the criſis compleat and perfect as well as ſpeedy. A benefit not to be ſufficiently valued! to redeem the ſolids from that fearful relaxation, by the humors lying upon them and puffing them up for months together; ſo that they pit like dough as in a dropſy, and at the laſt the skin comes off; inſtead of this fiery tryal, to have a ſpeedy eaſe from diſeaſe, ſymptoms and bad conſequences: this is the bleſſing which Dr. *Harris* hoped for from the aſſiſtance of art, and for which, he ſays, we ought to thank God. This in reality is the completion of the admirable *Sydenham*'s prediction. *Non his majora promitto; quamvis a longa cogitationum ſerie, quas huic rei impendere tantum non ſum coactus, inducar credere, ejuſmodi remedium quandoque inventum iri. Quod ſi unquam acciderit, inſcitiam ſuam Dogmaticis exprobrabit, atque inde liquebit, quam inſigniter tam in dignoſcendis morborum eſſentiis, quam in medicamentis, quibus eos aggrediuntur, hallucinentur.* I need not ſcruple to affirm from judgment, as well as experience, that 'tis the greateſt diſcovery thas has been made in our own country, in the art of Medicin.

There are many inſtances, where people have had one fitt of the gout and no more; nature ſome way or other finding means totally to exterminate the diſeaſe and its ſeeds. *Pliny* obſerves this, *ſponte deſiit.* N. H. XXVI. 10. There are a few inſtances, where they have eſcap'd with two or three fitts, the conſtitution being chang'd. But moſt generally the criſis is ſo imperfect, that the firſt fitt enſures its ſelf for life, and is the earneſt of the future. When thoſe deleterious miaſms are once got into the blood, we find by too frequent and ſad experience, that in the ordinary way of treatment in this diſtemper, by which I mean no treatment at all, they are never totally extirpated. And this the excellent *Sydenham* confirms, " *morbi fomes nunquam per hoc omne interval-*
" *lum perfecte diſſipatus.*" Again in another place, " *perraro materia morbifica omnis*
" *a paroxyſmo quantumlibet diuturno &*
" *crudeli, ita plene egeritur, ut nullæ pror-*
" *ſus in corpore reliquiæ ſint, eodem jam*
" *elapſo.*" But I have the greateſt confidence that by early and ſeaſonable application of the oyls which compleatly deadens the matter of the fitt, there will be thouſands of inſtances, (where great irregularity of living hinders not) of the diſtemper taking a final leave after a viſit or two. And ſince gout and ſtone proceed

ceed from the ſame principles and conſtitution, 'tis highly probable the uſe of the oyls will prevent the growth of gravel, the general attendant of the laſt ſtage of the gout, both by curing the gout and by taking off the confinement and ſedentary life. All this reaſoning is highly confirm'd by what we obſerve from the ſhort experience we have yet had of theſe oyls: we all find that after the uſe of them, our feet and other parts that have been affected, recover their ſtrength to an extraordinary degree, and are reſtor'd to a firmer ſtate than they have been in for ſome years before.

If temperance will contribute towards retarding the return of fitts, and to make them eaſyer when come, in the natural and preſent method; what may we not hope for, when we add this powerful aſſiſtance of art? if it ſo compleatly cures the preſent fitt, 'tis very juſt to believe it will both retard and moderate the ſucceeding one, till by temperance and prudent management in time, that falſe and fatal habit and conſtitution which engenders this fiery matter, will be totally chang'd; and the ſeeds of the diſtemper loſt. At leaſt we ſhall bring them under, to ſuch a degree, that a gouty conſtitution ſhall be a happy one. For if ſuch be naturally ſecure from inflammatory and

great diſtempers; and whatever is offenſive to the animal oeconomy runs into the gout: we may by prudence ſo regulate that habit, as to make it a ſalutary one. This prognoſtic is much confirm'd by what has been obſerv'd in the cure of the gout by the moxa. It frequently makes ſo true a ſolution of the criſis, that the patient is freed for ſeveral years after. The diſtemper is either lett out, or its texture deſtroy'd. Thus Sir *John Tyrwhit* of *Lincolnſhire*, a worthy patriot, who is moſt grievouſly afflicted with the gout, burnt it once with moxa, and it return'd not for 7 years after. And ſuch moſt probably will often be the effect of uſing our oyls, for the ſame reaſon. Some that have open'd a vein upon the part, or made an inciſion into it, have cur'd it at preſent, and it has not return'd of ſome years after. This evidently proves, that the common fitts of the gout are not perfectly critical: but that when the matter of a fitt is wholly lett out or deſtroy'd, nature takes a conſiderable time (eſpecially in people of temperate lives) to create enough *de novo* for the ſucceeding fitt. I apprehend good uſe may be made of theſe kind of hints, and that future experience will produce many advantages from our ſpecific, which we cannot yet foreſee.

What

What I have further to ſay on this argument is only to delineate a method of treating the arthritic, when in a fitt, and under the operation of the oyls: And likewiſe a method after recovery, whereby I conceive he may beſt ſubdue the tendency in his conſtitution, of producing theſe pungent, poyſonous ſalts. Certainly, the regimen to be uſed during the uſe of our oyls, muſt be moderate. Upon the onſet of a fitt of the gout or rheumatiſm, there is no need to recommend moderation, the patient has no ſtomach: but when he recovers his appetite, he is to eat ſparingly of light things. A glaſs or two of wine or mild ale, is to be indulg'd. Thoſe who have liv'd freely may double it. Nor will they find ſuch an exacerbation of the pain immediately after a ſlight meal, as in the ordinary way of leaving it to nature. As their ſtrength is never ſo much overthrown, becauſe of the ſhortneſs of the diſeaſe in our method: ſo they are better able to laſt out the whole progreſs with a temperate dyet. There is no need of ſtrong *Barcelona* wines or pernicious fiery ſpirits, under the miſtaken notion of keeping the gout from the ſtomach. Warm water and a little wine does well for ordinary drink. Warm milk morning and night is highly uſeful. Chearful compa-

ny alleviates the pain, invigorates the ſpirits, the better to ſupport the conflict.

As for internal things to be preſcrib'd during a fitt, if Dr. *Havers*'s judgment be juſt, of giving mucilaginous and oyly pectorals uſefully in a rheumatiſm, it muſt doubtleſs be good now. His intention in it, is to impreſs a balſamic character upon the blood, to ſupply nature with that mucilaginous oyly juice which is proper to extinguiſh the fiery ſalts that cauſe the diſtemper. Therefore milk, flummery, creams of barley, rice and the like, muſt be very appropriate to this intention. Nor need we be afraid of a little mild, ſoft ale.

The preſence of a Phyſician is uſeful in a ſevere fitt. The victory tho' with this powerful remedy is a matter of care. The patient then has no ſtomach for ſome few days, and is feveriſh; he muſt have ſome cordial to ſupport his ſpirits. And if the pain be violent, ſome opiate muſt be adminiſtred at night when going to bed. This will ſoon be render'd unneceſſary; but they that refuſe the uſe of poppy juice in pain, reject one of the greateſt gifts of Providence; that divine relief from pain, which gives ſtrength as well as eaſe, which promotes a gentle perſpiration, which is as appropriate, and as abſolutely neceſſary then, as food to the hungry, drink to the thirſty. After the cure, a gentle purge

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or two is highly neceſſary, and to get into the air as ſoon as we can. Furious as a lyon the fitt comes one, but retires gentle as a lamb. Your ſtrength returns very ſpeedily, and you find your ſelf in perfect health with pleaſure and ſurprize.

The great indication for a regimen during the intermiſſion of fitts, is to prevent, as much as may be, the growth of theſe rich, ſulphureous and inflammatory ſalts, in our blood. Firſt, Temperance above all things is neceſſary, and with that, there is little need of diſtinction in our meats and drinks, where the veſſels are not o'erloaded, but the fibres vigorous. Where they vibrate orderly, the wheels of life go right. Nature expends all ſhe takes and keeps open all the ſalutary outletts. A ſtarving regimen in a gouty conſtitution is prejudicial: becauſe there wants fat and oyl for a remedy. It leſſens the quantity of ſalts indeed, but weakens nature in expelling even thoſe that are form'd, and quite ſubtracts the oyly cure. So that in all things temperance is beſt. A good ſtomach which is a bleſſing, and podagrics generally have it, is like a knife too ſharp, may do miſchief, without reſtraint. *Cicero* in his III epiſtle to *Herennius*, ſays you muſt eat to live, not live to eat. And ſo *Socrates* ſaid of himſelf, *Muſon. ap. Stobeum.* *Seneca* in his II epiſtle, forbids us

to taſte of many diſhes at a time. And in 95, he ſays many daintys create many diſeaſes: I add more eſpecially the gout, which is equivalent to many. Have a care of intemperance immediately after recovery from a fitt, when *Areteus* obſerves people are apt to live faſt; like thoſe eſcap'd *ab inferis*: they are for repairing the loſt time and conſtitution too, but erroneouſly. Temperance muſt be inculcated at all times, for tho' we conquer in every fitt, yet the fewer battles, the better for our natural ſtrength. A habit is always growing better or worſe. Better it will be if we cure the gout without oyls. *Porphyry in vita Plotini* tells us of *Rogatianus* a *Roman* Senator. He was cripled with the diſtemper, and was carryed in a chair daily, to hear *Plotinus*, the *Platonic* philoſopher. Becoming his diſciple he grew exceedingly abſtemious, and loſt his gout. Let not the doctrines of Chriſtianity be leſs influential on our lives than the hopeleſs Lectures of *Plotinus*. Take *Hippocrates* his authority, II *de prædict.* that the gout is not to be cured without temperance. *Oribaſius* ſays, if people be ſlaves to their appetites, we ought not to undertake their cure. I doubt not but if we be ſo complaiſant to the ordinances of our Church, as now and then to keep a faſt day, we ſhall find our preſent account in

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it. However by all means compotations and feaſtings muſt be laid aſide. At leaſt uſed at rare intervals, with great caution and as in a medicinal way, as a counterpoize to faſting. That conſtitution is beſt which will bear extremes. Temperance is the great ſauce to all other human felicitys. This only ſatiates but never cloys. This is a pleaſure that refines the mind, invigorates the body, preſerves the eſtate, renders us ſuperior to fortune, out of the reach of adverſity. This is a vertue which is its own reward; the parent of regular paſſions, of ſweet contentment, of healthful progeny, of happy youth, of vigorous old age and long life. If exceſs in our thoughtleſs, juvenile days, or a habit of it in more advanced age, has been the occaſion of the diſtemper, let us amend of it. But eſpecially let not this noble remedy be the occaſion of our continuing therein, leſt a worſe evil come upon us, than the gout. 'Tis a vaſt, invaluable happyneſs, with the moderate uſe of the good things of life, to be cur'd of this diſtemper, when it comes. But if we preſume too much upon it, we are unworthy of the remedy, and will probably find other inſtances of the divine diſpleaſure. The antient heathen, who under the notion of *Apollo* the God of *Medicin*, pictur'd out that perſon in the deity, to whom the fabric

bric and regimen of the world is committed, attributed darts and arrows to him, as well as the art of healing.

To obſerve a true meaſure of temperance, exactly to hold the golden *medium* is the prerogative of a few. Therefore I ſhall ſet down ſome uſeful rules to be obſerved in eating and drink, which may anſwer the indication propos'd. From the whole of what we have already written, 'tis very obvious, that there is a neceſſity of avoiding as much as poſſible, all very ſavory, ſaline and ſpiced foods, rich ſoups and ſauces, *French* compoſitions. Theſe things muſt accumulate noxious ſalts, they acuate the appetite unneceſſarily and provoke us to eat what is prejudicial, both in quantity and quality. I look upon it to be a vulgar error, when we order podagrics to white meats and things of eaſieſt digeſtion: rather their ſtomachs require the coarſeſt, hardeſt food. Their juices are corroſive like *aqua-fortis* and ought to be dampt with fat and oyly things, and with what affords leſs nouriſhment. And for this purpoſe, I believe, teſtaceous powders taken now and then in milk, *Bath* waters *&c.* and the *Diacorallion* which *Trallian* ſo much commends in the gout, may prove uſeful. Both in food and drink we muſt have a particular regard to thoſe things that afford leaſt of the ſalts, that dilute and diſunite thoſe ſalts, already in the blood.

blood. Can we doubt that vegetables ought to make a conſiderable proportion in our meals? all ſuch being of a looſening, diuretic nature. Sprouts, brocoli, borrocole, ſpinage, mercury, parſley, artichokes, carrots, turneps, parſneps, cabbage, lettice, ſelery, endive, cucumbers. *Areteus* in a fragment commends radiſhes. *Ægineta* ſpeaks well of a cooling, moiſtning dyet, flummery and the like. *Galen de att. vict. rat.* ſays many arthritics have been wholly cured, at leaſt much better'd by an attenuating dyet. *Pliny*, XX. 9. ſays the uſe of *braſſica* coleworts, has kept people free. Beans, peaſe, all kind of garden ſtuff is good. *Spaniſh*-nuts, filberds and wallnuts among fruit ſeem uſeful. In my former letter, I recommended the frequent uſe of milk, I cannot but repeat it. The notion of its curdling upon the ſtomach is commonly erroneous. It ought to be drank once a day at leaſt.

Next, for drink, water whether ſimple or medicinal drank in ſmall proportions is exceeding uſeful. 'Tis the nobleſt diluent and digeſter in the world. *Zacheus* commends a draught of warm water (we may ſay a glaſs) before dinner: before him *Piſo* and *Alexander*. This will uſefully blunt the keenneſs of the ſtomachic ferment. With like view *Baglivi* adviſes tea and milk and the eating of melopepons,

pepons, and drinking the water diſtill'd from the pulp. Thus milk-water is a fine liquid. Nevertheleſs thoſe who have been uſed to live well, muſt not be ſo cynical as to confine themſelves wholly to this watery courſe. Wine too is a bleſſing of Providence, appropriate to the neceſſary cares of human life. All the difficulty conſiſts in being innocently merry and wiſe: ſo to adjuſt the quantity that ſhall give mirth to the heart, and no fewell to the gout. That if it comes unſought for, by means of our oyls we may meet it, not without a cheerful countenance, as a ſickneſs eaſily to be ſubdu'd, as now, an earneſt of health and long life. Immoderate drinking of wine, *Galen* deſervedly reckons one ſource of the gout, L. VI. *aph. comm.* 20. *Hippocrates* too, III *de temp.* 2. and L. VI. *aphor.* 28. *Avicen* XXII. 3. *tract* 2, *c*, 7. *cum multis aliis.* Thus ſpeaks *Bacchus* himſelf in *Eubulus* a poet, *Athen. Deipn.* II.

Τρεῖς γὰρ μόνας κρατῆρας ἐγκεραννύω
τοῖς εὐφρονέσι. τὸν μὲν ὑγείας ἕνα,
ὃν πρῶτον ἐκπίνουσι; τὸν δὲ δεύτερον,
Ἔρωτος, ἡδονῆς τε: τὸν τρίτον δ' ὕπνου.

Three cups only I give to the wiſe. The firſt for health, the ſecond for pleaſure and friendſhip; the third for ſleep. Wines growing

growing on a ſandy ſoil ſaid to be beſt for podagrics, as having the leaſt tartar, thus *Madera, & vinum pucinum* and the *Gornbergenſian* wines good. Dr. *Cheyne* ſpeaks much in praiſe of malt liquors; that ſuch as drink them only, are not ſo ſeverely handled with gout or ſtone as wine-bibbers. Dr. *Sydenham* has the ſame opinion as to wine, forbids ſuppers, and allows in lieu of them a handſom draught of ale not too ſtrong. And he thinks it particularly profitable againſt the ſtone and gravel. My opinion is, a pint of warm milk will be a good ſupper, beſide the ale. Drinking them at an hours diſtance. But our late leaving off malt liquors, and drinking wine more copiouſly than formerly, may perhaps, be the reaſon of the great increaſe of this diſtemper, obſerv'd within theſe few years. Since among other faſhionable follys imported from abroad, 'tis become ungenteel to uſe malt liquors, becauſe the product of our own country. We may with great confidence pronounce thus far: mild, midling, ſoft and fine ale may be us'd with moſt ſafety. *French, Rheniſh, Moſelle* wines, thoſe of *Hungary, Moravia, Bohemia, Auſtria*, are to be avoided. And remember that all fermented liquors muſt be drank with great prudence and caution. Now we have ſo noble a remedy, I think we need

need not abſolutely forbid with Dr. *Sydenham*, the uſe of thoſe liquors, which to ſuch people as have been accuſtomed to them, ſounds as harſh as bidding them not live. But the prejudice wine brings in particular to gouty conſtitutions, is well illuſtrated by Dr. *Havers*'s experiments upon the mucilage of the joints (*Oſteolog.* p. 219.) for they coagulate it ſtrongly like to a jelly.

Arthritics are ſlow of making water, and can ſit long in company a drinking, without that evacuation: which ſhows an unaptitude in the ſalts of the blood to ſeparate; and indicates diuretics to be uſed.

A proper adminiſtration of phyſick now and then will be extremely ſerviceable by way of prevention. Wherein 'tis moſt adviſable to conſult the profeſſors of that art, who can accommodate it to particular conſtitutions and circumſtances. I take an emetic to be very profitable; once or twice a year, never to be omitted. For the bilioſe ſalts help forward the diſtemper. Hence *Hippocrates de paſſion. intern.* attributes the gout to the bile and dryneſs of the joints, *i. e.* the want of oyl: the injury of the oyl-glands in our modern way of ſpeaking. *Sylvius* § 155. ſays, he has cur'd a fitt by one vomit only. I have experienc'd the like in my practiſe in *London*,

don, and it has protracted the return. Purging too at proper intervals and ſeaſons of the year, muſt be exceedingly advantageous. Perhaps it will not be unuſeful if I mention what my worthy friend Sir *George Savile* has told me: that he has more than once carry'd off a fitt of the gout by Dr. *Woodward's* oyly purges; upon which I obſerv'd, that probably, the cure was owing as much to their being oyly, as to their being purgative. *Petrus Bayrus pract.* XVIII. 1. praiſes the *Electuarium Caryocoſtinum* of *Galen*, not without reaſon. He ſays, he kept off the gout for 26 years, by taking a drachm or more of it, 3 or 4 times a year, whenever he perceiv'd ſigns of a repletion. It was undeſervedly left out of the laſt edition of our College Diſpenſary. I judge it adviſable for the podagric, to keep it, by way of Confection, thus

℞ *Hermodactyl. alb. a cortice ſuperior. mundat. Diagrydij ana* ℥ ſs. *coſti candidi ſive Zedoariæ, caryophillor. Zinzib. ſem. cardamom. min. ana* ʒi. M. *ft. Confectio cum ſyrup. mellis in vino albo coct. q. ſ. ſ. a.*

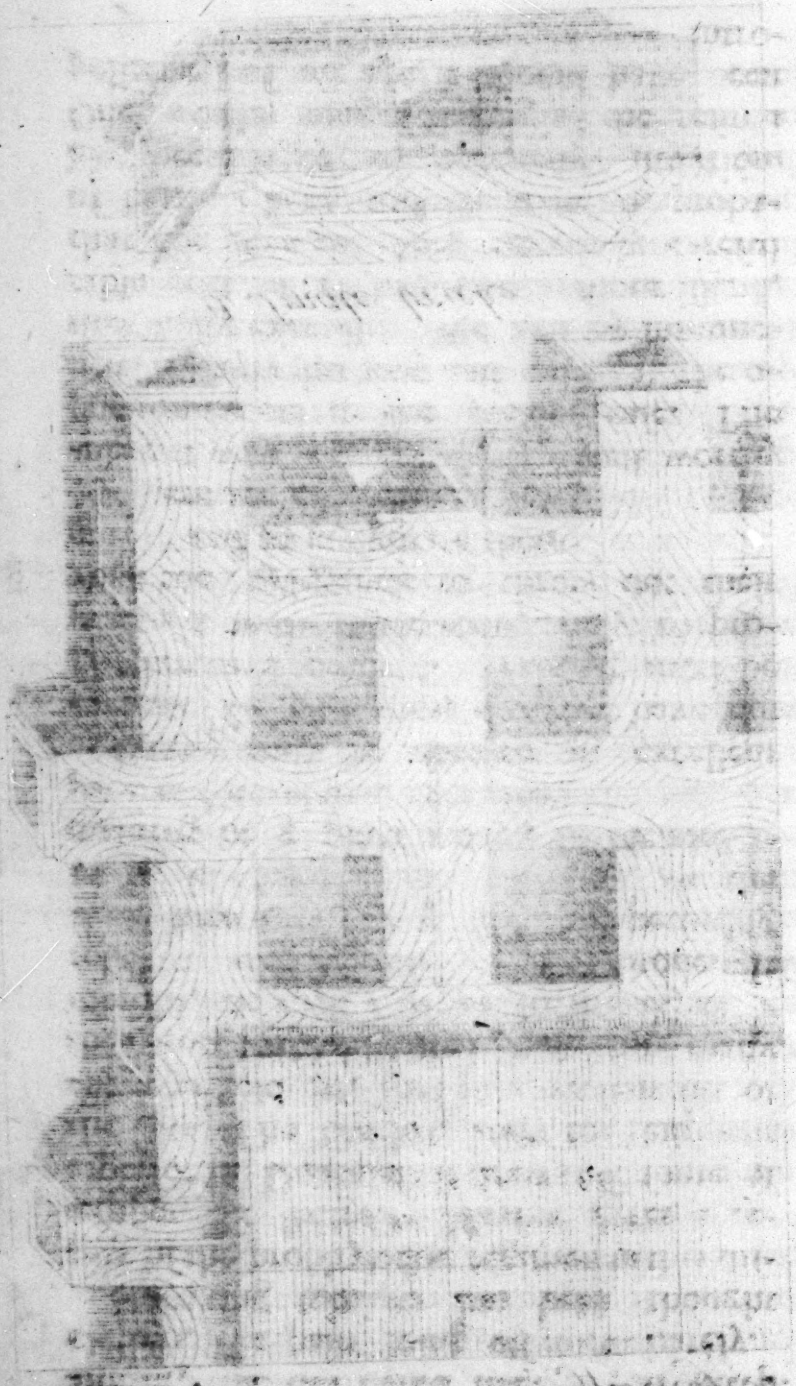
Hippocrates obſerves that a critical dyſentery or diarrhea has ſolv'd the fitt. *Celſus* II. 8. commends any flux of the belly, as uſeful in our caſe. *Gilbertus Anglicus* affirms,

affirms, he has cured many with ſharp clyſters, the pain going off immediately.

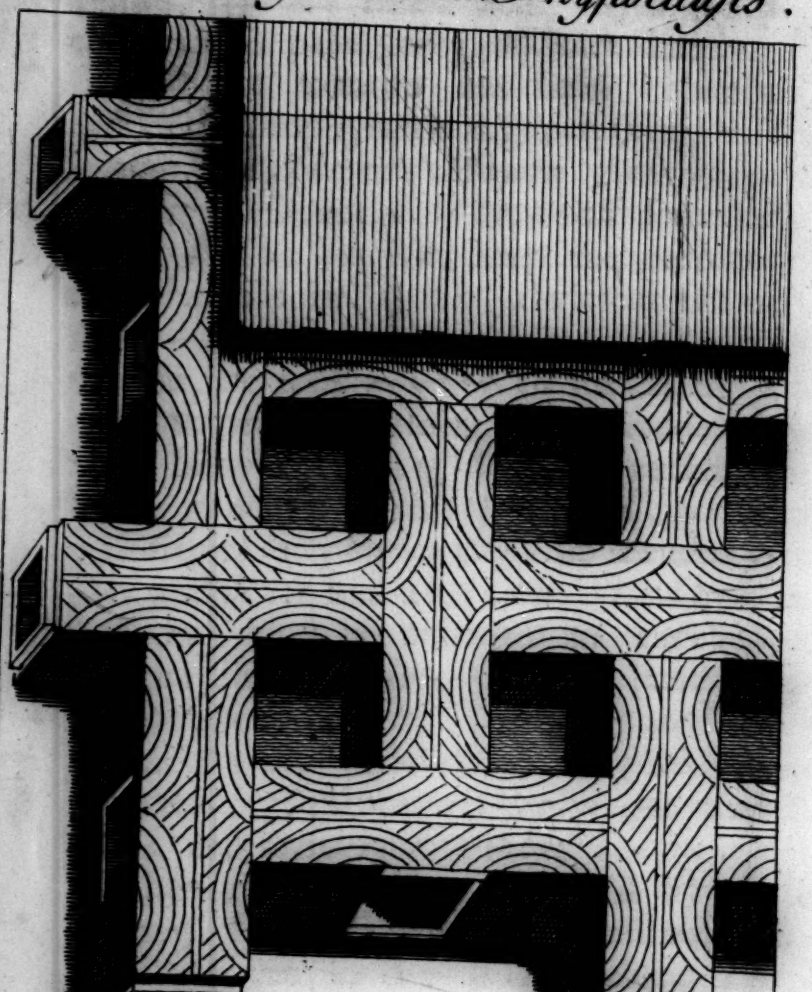
Smoaking tobacco has been thought part of the prophylactic regimen in this diſtemper. Sir *Theodore Mayern* gives a recipe for it. Doubtleſs it draws off ſome of the ſalts. The late Mr. *Sturt* the eminent engraver told me, that in a violent fitt of the gout, which laſted him for many months, he took a fancy to ſmoak as a relief to the tediouſneſs of ſolitude. It made him very ſick at firſt, but perſiſting in it, it caus'd a vaſt ſalivation to the quantity of 3 pints a day; he mended apace and never had a fitt after.

Riding muſt be affirmed an excellent exerciſe for podagrics, tho' we have not *Hippocrates*'s conſent. Walking muſt be practis'd with moderation, only to provoke the oyl-glands to throw out their juices, and to invigorate them.

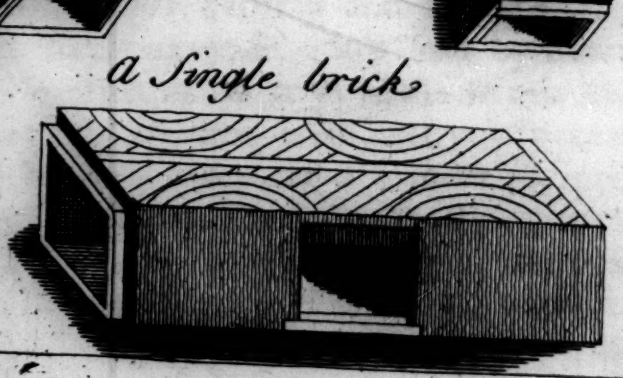
There are two things practis'd by the antients very commendably, well worthy our imitation in the preſent caſe. The firſt is dayly bathing and oyling: the other dayly exerciſe. We find by innumerable remains of hypocauſts in our iſland, that the *Romans* were extremely careful of bathing here, and the more ſo, probably, becauſe of its northerly ſituation. One would imagin among all the refin'd politeneſs of our age it ſhould have been intro-



The Manner of Roman hypocausts.



a Single brick



introduc'd, were it only to ſhow our *taſte* in Architecture. Amidſt the affected imitations of antient temples, obeliſcs, columns, theaters, *&c.* why ſhould not the very delightfulneſs of the thing have tempted them to build baths, if there were no reſpect to the healthful part of it? And how eaſy might they be ſupply'd with hot water in countrys where coals are cheap; which is half the iſland? Here is latitude enough to ſhow a taſte, to mix ornament and uſe. Very commendable is the publick charity of the eaſterns, in building Baths for publick uſe. Some of our charitably diſpos'd people that are at a loſs how to diſpoſe of their money, would do well to imitate it. To aſſiſt them therein I ſhall preſent the reader with a plate to ſhow the method of the *Romans* in building their hypocauſts.

For this purpoſe they made certain bricks, hollow like conduit pipes, but ſquare, about a foot long. They are open at both ends, and likewiſe have an equal ſquare aperture in two oppoſite ſides. Theſe bricks too have a ſhoulder at each end, ſo as that they may joint commodiouſly into the ſides of their neighbors, and receive the ends of other bricks into their ſides. When they are diſpos'd in the manner that I have repreſented, upon a floor, and the joints well cemented: 'tis

obvious, that ſquare paving-bricks of a proper dimenſion and equal, will ſtretch themſelves over half of thoſe conduit-bricks, quite round; very aptly taking in the half of 4 bricks. And ſo they cover the whole floor. Theſe muſt be laid too with good cement to keep the ſteam in, and thus you finiſh the floor of a room, handſom and uſeful. The heat of a furnace or chimney properly plac'd, is by this means drawn in an equable manner quite thro' the whole floor of the room, and may be convey'd upwards too by the ſides of the room. Whence the air of the room is kept in what degree of warmth we pleaſe. The lines drawn upon the bricks are made with a tooth'd bit of wood, for no other purpoſe than to roughen the ſurface, that the mortar may take the better hold, and confine the ſteam. Theſe bricks are found in innumerable *Roman* citys, towns and villa's in *Britain*. My Lord *Hertford* has of them, among his antiquities, found at *Froxfield* in his neighborhood.

For exerciſe, I muſt recommend it with the greateſt earneſtneſs. All podagrics muſt have a very particular regard to be conſtant therein and practiſe it dayly. All the antients, the eaſterns, the *Greeks*, *Romans*, *&c.* ſet apart a certain quantity of time every day, as regularly for exerciſe as for meals

meals or buſineſs. And they were as careful in the one as the other. And good reaſon there is for it. What were joints and muſcles and tendons and oyl-glands given us for, but motion? Life conſiſts in it, and health is not to be expected without it. Motion contributes exceedingly to hinder the coalition of theſe ſalts in the blood, to break them in pieces, to expell them by ſweat, urine, perſpiration, and to keep the whole animal machine in due order. And this ſhould be done at leaſt till ſweat is provok'd. No doubt the intermiſſion of manly exerciſes ſo much practis'd by our anceſtors, is one reaſon of the increaſe of the gout. *Areteus*, Cap. II. 12. ſpeaks, how one in the olympic games by running put off a fitt of the gout and got the victory. *Celſus* II. 11. ſays, you muſt oppoſe a vehement evil with a vehement remedy. 'Tis happy for us we have in our hands a gentler method. Nor henceforth will it be neceſſary to put nature upon ſo great a ſtreſs, as the quack in *Galen*, *method.* XII. 1. who cur'd dyſenterys. Thoſe that were able to bear it eſcap'd with a cure; but the reſt dy'd.

Laſtly, I recommend the antient method of oyling with ſweet oyl at leaſt once a month, the oftner the better: And at leaſt upon the feet and joints, that have been affected. If that oyl be impregnated with

with warm oyly herbs, and be heated in a ſpoon over live coals when uſed, it will be ſtill more ſerviceable. This will exceedingly ſtrengthen the cuticular glands that have undergone ſuch ſevere treatment, and the joint-glands likewiſe. Great will be the uſe of it, and the pleaſure attending it not leſs.

I find that unction was part of the moſt ancient practiſe of phyſick mention'd in *Æſchylus*'s *Prometheus vinctus*, of which we may read a learned account in Biſhop *Pearſon* on the Creed, *p.* 80. "*Prome-* "*theus* pretends to be the inventor of the "art of phyſick, that before him there "was no medicin neither to be taken in- "ternally in a ſolid or liquid form, nor "externally by way of inunction". As the Scholiaſt well expounds it. *Atheneus, deipn.*

I have nothing to add, but the directions in the uſe of the oyls, as drawn up by the Preparer himſelf.

Heat in a ſilver ſpoon, ladle or porringer, as much only as will ſerve for one uſing, and for one joint at a time, becauſe the volatile parts evaporate. Shake the bottle firſt, embrocate the part affected with your hand, warmed, for a quarter of an hour before the fire or a chafing diſh of coals, rub the oyls well in, and then wrap the part up in flannel. This is to be done once or twice a day as the nature of the

the caſe requires, and ſo upon every joint affected: and to be continued till the cure is wrought, heating freſh oyls for every joint.

After a great fitt, now and then anointing will take off the weakneſs to admiration, and ſtrengthen the parts.

After cold taken or any other diſorder which ſeemingly threatens a fitt of the gout, uſe the oyls immediately for 2 or 3 times, and you are ſafe.

So by riding in cold weather when your feet are benum'd, 'tis highly ſerviceable to embrocate as ſoon as you get home. No one obnoxious to this diſtemper ſhould travel without them. They will retain their virtue for ages, and may be carry'd to any part of the world.

If from long uſe of them in a ſevere fitt the skin ulcerates, waſh the part with warm milk. Likewiſe in a long fitt in uſing the oyls, 'tis proper in the afternoon to waſh the part anointed with warm milk or water, to open the pores, that upon anointing again at night, the oyls may the better penetrate.

In the ſciatica the like method is to be obſerv'd as in the gout.

In a rheumatiſm you muſt purſue the pain and inflammation in every part with anointing.

CON-

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